

the



YMCA

BICYCLE COMMUTER PROGRAM

Let's get rolling

- BIKING IS FUN**
- BIKING IS HEALTHY**
- BIKING IS GREEN**
- BIKING SAVES MONEY**

Bike to work, but no shower? No problem! Make a pit stop at the Y during your bike commute to work and you can take a FREE shower and get ready for your day.

DETAILS

Participants must complete a community member application (background screening) and sign a waiver. Participants will be asked to sign in/out for each 'rest stop'. YMCA use is solely for showering. Full use of YMCA is available for members. JOIN US if you would like to be a part of the Y movement in our community. *financial assistance is available*

**towel service available- \$0.50 per day or \$8.00 per month / Kit locker available \$7.00 per month*

BRAINERD FAMILY YMCA

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