



## Join us for a **FREE** weekly walking, running, biking and yoga event!

Every Thursday, May - September  
Check in from 5:00-6:30



- Group walk each week at 6:00pm
- Blue Zones Project Moais welcome!



- Running groups meet each week at 5:45pm
- All experience levels welcome!



- Yoga (Led by Certified Yoga Instructors) 6-7pm



- Group bike rides begin each week at 6:00pm
- Bike rides follow a month-long rotation
  - Week 1/Level 1 Family/Mini 1-3m
  - Week 2/Level 2 Newbie 4-10m
  - Week 3/Level 3 Adventure 10-18m
  - Week 4/Level 4 Mega 15-30m

Maps available for walks, runs and bike rides.  
Helmets required for bike riders.  
Must be 13 to attend without parent.

[newbocitymarket.com/meetme](http://newbocitymarket.com/meetme)