

Riverwood Wellness Group Activities



Walker Tuesdays

Welcome to a fun opportunity to improve your health and wellness through fitness walking or Nordic walking.

- When: Tuesdays, 4:30pm (Starting July 19, 2016)
Where: Riverwood SSB Entrance
Walk Leader: Rhonda Vedder (email: rvedder@riverwoodhealthcare.org)
Walk Pace: Set by groups
Distance: Set by groups
Nordic Poles: If you would like to try Nordic Walking, an extra set of telescoping Nordic Walking poles are available for use.

Cycle Thursday

Welcome to *Cycle Thursday* rides. These rides will be the perfect opportunity for riders of all abilities to improve your group ride etiquette, techniques and safety skills.

- When: Thursdays, 4:30pm (Starting July 21, 2016)
Where: Riverwood SSB Entrance
Ride Leader: Rhonda Vedder (email: rvedder@riverwoodhealthcare.org)
Groups: Formed by rider ability
Ride Pace: Set by the ride group leader
Distance: Set by rider group ability
Equipment: Please bring a helmet, water and a flat tire kit - just in case. Ride leader has bike tools and tire pump.
No Drop Ride: These are *No-Drop Rides*. This means that the group leaves together, comes back together and no one gets left behind.