

**EXERCISE TO HELP
THE MIND & BODY**



CYCLE FOR PARKINSON'S

Cycle for Parkinson's is a stationary cycling class designed from a Cleveland Clinic research study in which Parkinson's patients reported up to **35% decrease in their symptoms** after participating in a cycling program. This class runs for 12 weeks, and will be taught by a **certified Parkinson's Cycle Coach** twice a week. It is free for members. Once registered, you will be contacted for an initial meeting and fitness assessment.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**