

**SPECIALTY CLASS** for  
**Active Older Adults &  
Adults with Parkinson's**



# **CYCLE FOR PARKINSON'S**

**AT LANSDOWNE YMCA**

**Wednesday's at 11:15am & Friday's 12pm  
Beginning October 19th for 12 weeks!**

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 will be taught by a **certified Parkinson's Cycle Coach twice a week**, and is free for members. Once registered you will be contacted for an initial meeting and fitness assessment.

**FREE for  
Members -  
Registration  
Required**

Register online at [www.cyedc.org](http://www.cyedc.org) or contact:  
Colleen Gutowski  
Sr. Health and Wellness Director  
Phone: 610-557-9622 x 5011  
Email: [cgutowski@cyedc.org](mailto:cgutowski@cyedc.org)