



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEDALING FOR PARKINSON'S

Join the Y for improved well-being

Pedaling For Parkinson's helps PD patients develop and maintain healthy lifestyles through fitness, education, and wellness activities in a group setting.

April 1 – May 24

Mon., Wed., Fri.

11-12 p.m.

Location: Cycle Studio

Classes are limited to 15 participants.

Bikes must be reserved prior to class in our mobile app.

Members: Free

Non-Members: \$200/8-wk. session



For more information, email Jessica MacDonald at jmacdonald@ymcanj.org

› ymcanj.org/PFP

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YMCANJ.org
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224-RBY-6300

Here for all.

Financial assistance is offered
based on availability of funds.