



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING FOR A REASON

Spin-A-Thon
Benefiting
Pedaling for Parkinson's

Saturday, November 2
Roscoe Branch
8-8:55 a.m. RPM w/ Renee
9-9:55 a.m. Spin w/ Liz
10-10:55 a.m. RPM w/ Stacy
11-11:55 a.m. Spin w/ Jeff



Get a great workout and only \$15 a class you can support a great cause. All proceeds from the spin-a-thon will help fund the Pedaling for Parkinson's class that is offered at no charge to participants.

Have some fun while raising some funds! There will be **prizes** and **giveaways** and join the instructors in **dressing up in your costume**.

Sign up at either branch, over the phone or at statelineymca.org

DELAYING THE DISEASE ONE PEDAL AT A TIME