



BENEFITTING STATELINE FAMILY YMCA'S PEDALING FOR PARKINSON'S PROGRAM.

SPIN a THON

@ STATELINE FAMILY YMCA

Get in a great workout while supporting our Pedaling for Parkinson's program. This program allows individuals with a Parkinson's Disease diagnosis to attend three spin classes each week at no cost. Biking has proven to significantly reduce symptoms of Parkinson's.

SUNDAY, NOVEMBER 3rd

ROSCOE BRANCH

9901 Main St.
Roscoe, IL 61073

SPONSORSHIP & RAFFLE DONATION OPPORTUNITIES AVAILABLE!

QUESTIONS?

Contact Stacy at shill@statelineymca.org

LEARN MORE & SIGN-UP!

statelineymca.org/p4p



\$15
PER SHIRT

MUST PURCHASE 2-WEEKS PRIOR TO EVENT TO BE GUARANTEED A SHIRT.

\$15
PER CLASS

CLASSES

- 7:00am SPRINT w/ Sarah
- 7:45am RPM w/ Renee
- 8:45am SPRINT w/ Erin
- 9:30am RPM w/ Lisa
- 10:30am Pilates w/ Joan
- 11:30am P4P w/ Michelle

OPEN TO THE COMMUNITY!

