

PEDAL FOR PROGRESS

@ STATELINE FAMILY YMCA



A PARKINSON'S DISEASE EXERCISE PROGRAM

This specialized cycling program offers adults living with PD in the Stateline community a safe, supportive, and welcoming environment to engage in regular exercise. Whether you are new to fitness or have years of experience, participants are guided through structured cycling routines designed to enhance strength, mobility, endurance, and overall well-being.

FREE TO QUALIFYING PARTICIPANTS

- Have a diagnosis of Idiopathic Parkinson's Disease
- Complete & submit a signed consent form and medical clearance
- Agree to periodically monitor progress
- May not have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, or other medical conditions that are contraindicative to exercise.

**CLASSES HELD WEEKLY
MONDAY, WEDNESDAY, FRIDAY
11:05 AM – 11:45 AM
COME TO ONE, SOME, OR ALL!**

ROSCOE BRANCH

9901 Main St
Roscoe, IL 61073

 statelineymca.org/p4p

 **Erin Scott** at escott@statelineymca.org

