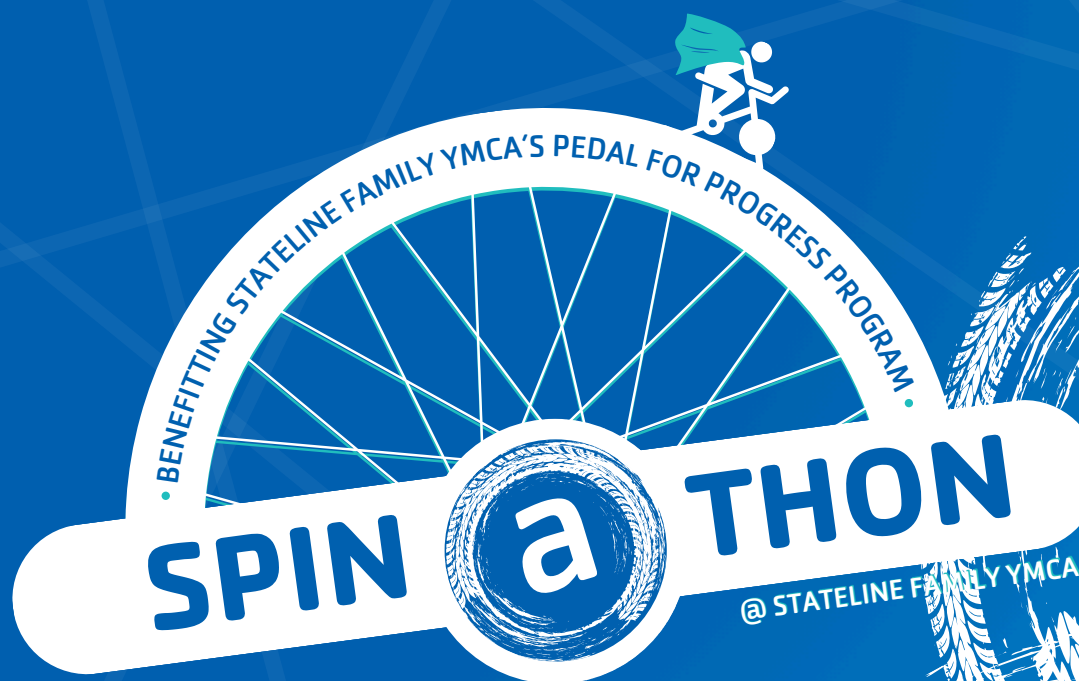




SPIN a THON

@ STATELINE FAMILY YMCA

Get in a great workout while supporting our Pedal for Progress 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 1st

ROSCOE BRANCH

9901 Main St.
Roscoe, IL 61073

CLASSES

7:00am SPRINT w/ Sarah & Erin
7:45am RPM w/ Renee & Lisa
8:45am Totally 80's Ride w/ Stacy
9:45am Line Dancing w/ Nikki **NEW**
10:45am P4P w/ Michelle*

*(no cost to P4P participants, but registration required)

**SPONSORSHIP & RAFFLE DONATION
OPPORTUNITIES AVAILABLE!**

**LEARN MORE
& SIGN-UP!**

statelineymca.org/spinathon

OPEN TO THE COMMUNITY!

\$20
PER CLASS

