



\$15
PER CLASS

OPEN TO THE
COMMUNITY!



GREAT WORKOUT.
GREAT CAUSE.
GREAT COMMUNITY.

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 6th

ROSCOE BRANCH

9901 Main St.
Roscoe, IL 61073

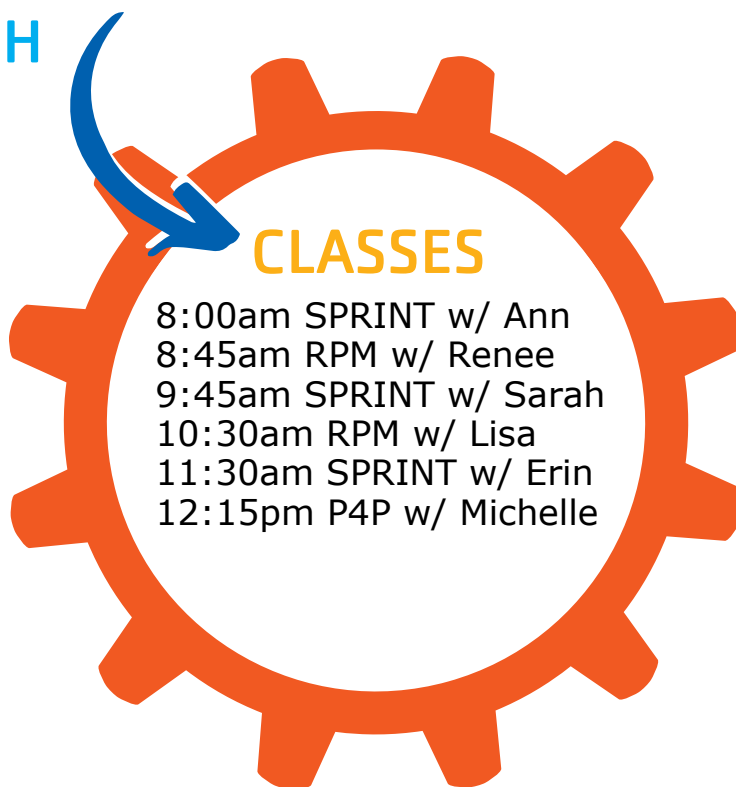
**SPONSORSHIP &
RAFFLE DONATION
OPPORTUNITIES
AVAILABLE!**

QUESTIONS?

Contact Stacy at
shill@statelineymca.org

**LEARN MORE
& SIGN-UP!**

statelineymca.org/p4p



CLASSES

- 8:00am SPRINT w/ Ann
- 8:45am RPM w/ Renee
- 9:45am SPRINT w/ Sarah
- 10:30am RPM w/ Lisa
- 11:30am SPRINT w/ Erin
- 12:15pm P4P w/ Michelle

