



YiRIDE

SPIN-A-THON

\$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 5th

ROSCOE BRANCH

9901 Main St.
Roscoe, IL 61073

CLASSES

- 7:00 AM Sprint with Sarah
- 7:45 AM RPM with Renee
- 8:45 AM Sprint with Erin
- 9:30 AM RPM with Lisa
- 10:30 AM Pilates with Joan
- 11:15 AM Pedaling for Parkinson's with Michelle

**SPONSORSHIP &
RAFFLE DONATION
OPPORTUNITIES
AVAILABLE!**

QUESTIONS?
Contact Stacy at
shill@statelineymca.org

**LEARN MORE
& SIGN-UP!**
statelineymca.org/p4p

