



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLE PD

Starts
April
2nd

For who: Cycle PD is an exercise class for people with Parkinson's Disease, that are community dwelling (not in a facility) and independent with walking (may use a device).

The aim of the CyclePD group exercise class is to provide a safe, guided, high-intensity stationary cycling exercise class for people with PD. Cycling in all forms has been found to enhance cardiovascular health, improve walking speed and balance, and decrease fall risk. And a recent study has indicated that high intensity exercise may not just slow down the neurodegeneration associated with PD, but actually reverse it.

Activity: A stationary cycling class with an interval format specifically for people with Parkinson's Disease (PD)

Pre-requisites: Medical clearance from doctor, screening/intake with Michelle Urbanski, Health & Wellness Director

**Every Wednesday
11:00AM-11:45AM**

FREE
for anyone with PD



For more information contact: Michelle Urbanski
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