



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING WHEELS FOR A GOOD REASON

HEALTH, WELL-BEING & FITNESS

Pedaling For Parkinson's

SOUTH TAMPA and BOB SIERRA FAMILY YMCAs

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at The Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace — optimally, 80–90 revolutions per minute. Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it.

The classes are driven by fast-paced music, and participants at every level are offered the challenge of improving their performance on an ongoing basis. Participants share a common bond in a socially supportive environment.

Program Highlights

- **South Tampa YMCA:** classes are Mondays at 11:30am and Tuesdays and Thursdays at 10:15am
- **Bob Sierra YMCA:** classes are Tuesdays and Thursdays at 11am
- Medical consent is required
- FREE PARTICIPATION IN FIRST 8-WEEK SESSION
- Cycling instructor with Parkinson's knowledge leads each session
- Care partner participation is encouraged, but not required
- Fun, supportive environment!

**Find out more! Visit the Welcome Center
or contact Nancy Belli (South Tampa)
at nancy.belli@tampaymca.org or Jenny Beadle
(Bob Sierra) at jenny.beadle@tampaymca.org**



SOUTH TAMPA FAMILY YMCA
4411 S. Himes Ave., Tampa FL 33611
P 813 839 0210

BOB SIERRA NORTH TAMPA FAMILY YMCA
4029 Northdale Blvd., Tampa, FL 33624
P 813 962 3220

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