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Tampa YMCA Expands Free Pedaling for Parkinson's Program

TAMPA, FL (Apr. 2, 2018) – The [Tampa Metropolitan Area YMCA](#) is expanding its free community program proven to help those with Parkinson's disease. Thanks to a generous grant from the Parkinson's Foundation and Moving Day® Tampa Bay, the Tampa YMCA is now offering [Pedaling for Parkinson's](#) at four Ys in Hillsborough County.

After a national study showed indoor cycling class can decrease Parkinson's symptoms by 35 percent, the Tampa YMCA started offering Pedaling for Parkinson's at the South Tampa and Bob Sierra North Tampa Ys in 2016. "The results we're seeing are incredible and thanks to the generosity of the Parkinson's Foundation, the Y is able to expand this impactful program to the New Tampa and North Brandon Ys," says Healthy Living Director Dawn Kita.

Driven by fast-paced music, Pedaling for Parkinson's riders at every level are challenged to improve their performance while sharing a common bond in a fun, socially-supportive environment. "While the program does not cure Parkinson's, it helps to alleviate some of the complications associated with the disease," explains Kita. "It's been proven to improve walking, tremors, flexibility, grip strength, motor coordination, posture and stiffness."

Starting this month, Pedaling for Parkinson's will be offered at the following Ys:

[North Brandon Family YMCA](#): Mondays and Fridays at 10:30am

[New Tampa Family YMCA](#): Wednesdays and Fridays at 11:30am

[Bob Sierra North Tampa Family YMCA](#): Tuesdays and Thursdays at 11:00am

[South Tampa Family YMCA](#): Mondays at 11:30 and Tuesday/Thursdays at 10:15am

The one-hour indoor cycling classes are free with a Y membership and free for the first eight weeks to non-Y members, which includes full access to the Y facility during that time period. Participants, ages 30-75, must be diagnosed with Idiopathic Parkinson's disease and a medical provider consent and clearance form is required to register. For more information, [click here](#).

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org