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South Tampa YMCA Offers New Pedaling for Parkinson's Program

TAMPA, FL – Jan. 21, 2016 – The South Tampa Family YMCA is proud to offer the community a free new program proven to help those with Parkinson's disease.

The Pedaling For Parkinson's program is free for the first eight weeks to those with medical consent. A cycling instructor with Parkinson's knowledge leads each 10:15 a.m. class on Tuesdays and Thursdays. The hour-long classes are driven by fast-paced music and participants at every level are challenged to improve their performance on an ongoing basis. Participants also share a common bond in a fun, socially-supportive environment.

Researchers at the Cleveland Clinic found a 35-percent reduction in Parkinson's disease symptoms by the simple act of pedaling a bicycle at a rapid pace. "Our goal is to provide a program that allows Parkinson's patients to dramatically increase their exercise tolerance and decrease their symptoms in a comfortable social environment," says Group Exercise Coordinator Melissa Brockman. "Just in the short amount of time in our program, our riders have seen up to 500% increase in overall ride time."

Pedaling For Parkinson's is open to patients, ages 30-75, diagnosed with Idiopathic Parkinson's disease. A medical provider consent and clearance form is required to register. For more information, call 813.839.0210 or email melissa.brockman@tampaymca.org.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities for more than 126 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 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