

# Cycling for Parkinson's



## Ongoing Class

Held Monday's & Thursday's  
11:00 a.m. – Noon

Group cycling may provide symptomatic relief for people with Parkinson's if they cycle using "forced exercise" or pedaling at a rate faster than their voluntary cadence.

### Cycling is shown to provide:

- Symptomatic management
- Cardiovascular enhancement
- Peer support group development

**Call Susan – Cycling Coach**  
**269-986-2856**  
**for information**



## Senior Health Partners

A community partnership of Bronson Battle Creek, Calhoun County Senior Services, Battle Creek Family YMCA, Senior Care Partners PACE and Summit Pointe

A NEW CLASS AT THE  
BATTLE CREEK FAMILY  
YMCA

Program Cost:

Class Punch Card  
or  
Y Membership

Paperwork and  
Assessment required



Accredited by:

National Parkinson's Foundation  
David Phinney Foundation  
American Council on Exercise  
Silver Sneakers Flex