

ABOUT THE PROGRAM

Research conducted at the Cleveland Clinic showed a 35% reduction in PD symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80–90 revolutions per minute. This research inspired the launching of Pedaling for Parkinson's™ (PFP), an indoor cycling program geared specifically towards individuals with Parkinson's disease.

Participants will ride on a solo stationary bike three times a week. Each one hour exercise session consists of a 10 minute warm-up, up to a 40 minute main exercise set, and a 10 minute cool-down. Rest breaks will be taken as needed. Participants will ride within their pre-determined heart rate zones and will be closely monitored by program facilitators.



SUPPORT OUR RIDERS

Help us make a difference in the fight against Parkinson's Disease by donating today! Your generous support allows us to provide this program and others like it to the communities who need it most. Please consider donating at www.annarborymca.org/give

LEARN MORE



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SCAN ME



**PEDALING
FOR PARKINSON'S**

ANN ARBOR YMCA

PROGRAM PROTOCOL

The protocol listed below is the suggested times and cadences for riders in the PFP program. Beginners will work to build endurance to reach & maintain the exercise regimen at their own pace.

- 60 Minutes
- Warm-Up
10-minutes, 50-60 RPMs
 - Exercise
40-minutes, 80-90 RPMs
 - Cool Down
10-minutes, 40-50 RPMs

**CLASS MEETS MONDAY, WEDNESDAY,
FRIDAY FROM 1:30PM-2:30PM**

WE CARE FOR YOUR HEALTH

Pedaling for Parkinson's is a transformative class that combines the benefits of cycling with targeted exercises to support individuals with Parkinson's disease. Through consistent participation, individuals can experience significant improvements in their physical and mental well-being, leading to a better quality of life.

WHO CAN JOIN?

All criteria listed below must be applicable in order to participate in the program.

- Individuals over the age of 35.
- Individuals with an Idiopathic Parkinson's Disease diagnosis.
- Individuals who have completed and submitted a signed Medical Screening and Permission form.



FREQUENTLY ASKED QUESTIONS:

Can my caregiver come with me?

Caregivers are welcome to join participants for the duration of the class.

What if I cannot ride for the full hour?

Like any other exercise program, it takes time to build your endurance. We encourage participants to ride at their own pace until they are comfortable matching pace with the suggested regimen.

PRICING

Members: Free + Free Parking
Non-members: \$110
Seven-week session (21 classes)

HOW TO GET STARTED

- Fill out our interest form on our website.
- A YMCA staff member will reach out to set up a trial week.

Non-Members: A YMCA staff member will reach out to set up a FREE week-long trial period to for interested participants test out the class before purchasing a session.

- Submit the Medical Screening and Permission form.
- Join us for the ride!

