



PEDALING FOR PARKINSON'S

Returns to the Jackson YMCA on April 4! Pedaling for Parkinson's is an indoor stationary cycling class developed specifically for people with Parkinson's disease. Benefits can include a significant improvement in symptoms.

WHEN: Mondays and Wednesdays

TIME: 11 am-noon

WHERE: Downtown, 127 W. Wesley St.

MONTHLY COST: Members \$30

Community \$60

Pre-registration required. Contact coordinator Mailyynn Pratt at mailyynn@jacksonymca.org or call the Y at 517.782.0537

127 W. Wesley St.
Jackson, MI 49201
JacksonYMCA.org

