



ASHLAND FAMILY YMCA HEALTH & WELLNESS Pedaling for Parkinson's ... & BEYOND!

Low-Impact Spin for Strength, Community, and Joy

Join us for a unique spin experience that goes far beyond pedaling!

This class is designed for people:

- with Parkinson's
- with limited mobility
- healing from surgery
- looking for a low-impact way to move



Pedaling for Parkinson's ... & BEYOND blends music, camaraderie, and gentle cycling to strengthen both body and spirit. Whether you're brand-new to spin or a longtime rider, you'll find encouragement, connection, and a supportive community.



T/TH



9:15A-10:15A

FREE / Y-Members

\$ 50-per month / Community
\$ 8-per class / Community

540 YMCA Way

ashlandymca.org

541.482.9622

info@ashlandymca.org