

Cycling for Parkinson's Disease

Neuroscience Supportive Care Program

This class is designed specifically for Parkinson's patients. In each session, a professional cycling instructor guides participants through an hour-long workout on a stationary bike. Brain connectivity, balance and everyday activity are all improved through cycling. No previous experience with cycling or spin classes is necessary. This program is supported by a community grant from the Parkinson's Foundation. **Registration required.**



Dates: Every Tuesday and Thursday
for 8 consecutive weeks
Session 1: 6/25 - 8/15 No class 7/4
Session 2: 9/10 - 10/31

Time: 2:00pm – 3:00pm

Location: Palo Alto Family YMCA
3412 Ross Road
Palo Alto, CA 94303

To register: call 650.721.8500

Website: www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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