



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKINSON'S DISEASE MANAGEMENT PROGRAMS



PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is an indoor cycling program designed to help individuals with Parkinson's Disease improve their quality of life and alleviate symptoms. The program is based on research suggesting that forced exercise on a bicycle can reduce symptoms of Parkinson's, including tremors, stiffness and slow movement.



ROCK STEADY BOXING (RSB)

Rock Steady Boxing is a non-contact boxing program designed specifically for people with Parkinson's Disease. It aims to improve quality of life through boxing and non-boxing exercises that enhance balance, strength, agility and overall fitness.

Through generous funding,
these programs are offered
FREE FOR ALL.

Registration and pre-class meeting required.

DOWNTOWN:

Monday & Friday RSB | 9:30-10:45 a.m. | *All Levels*

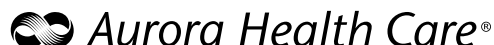
Tuesday & Thursday | RSB & Pedaling

1:15-1:45 RSB Level 3 | 1:45-2:30 p.m. *Pedaling*

20TH AVENUE:

Tuesday & Thursday RSB | 9:30-10:45 a.m. | *Levels 1 & 2*

BROUGHT TO YOU
WITH HELP FROM:



Contact Lindsey McMullin at lindseymcmullin@oshkoshymca.org with questions or to get started!

OSHKOSH COMMUNITY YMCA | oshkoshymca.org