



BENEFITTING STATELINE FAMILY YMCA'S PEDALING FOR PARKINSON'S PROGRAM.

# SPIN a THON

@ STATELINE FAMILY YMCA

Get in a great workout while supporting our Pedaling for Parkinson's program. This program allows individuals with a Parkinson's Disease diagnosis to attend three spin classes each week at no cost. Biking has proven to significantly reduce symptoms of Parkinson's.

## SUNDAY, NOVEMBER 3rd

### ROSCOE BRANCH

9901 Main St.  
Roscoe, IL 61073

### SPONSORSHIP & RAFFLE DONATION OPPORTUNITIES AVAILABLE!

### QUESTIONS?

Contact Stacy at [shill@statelineymca.org](mailto:shill@statelineymca.org)

### LEARN MORE & SIGN-UP!

[statelineymca.org/p4p](http://statelineymca.org/p4p)

**\$15**  
PER CLASS

### CLASSES

Several great class opportunities throughout the course of the event provides a great opportunity for ALL to support this wonderful cause. Classes & times are announced as the event nears.

OPEN TO THE COMMUNITY!

