

Parkinson's Cycle

Research-Based Fitness Programming at Seven Bridges

NEW cycle class keeps EHFC 7Bridges ahead of the pack!

We are adding another fantastic option to our repertoire of programming for those fighting the symptoms of Parkinson's!

A recent Cleveland Clinic study revealed an increase in brain activity and a reduction in Parkinson's symptoms after subjects performed a specific cycling protocol. The ***Parkinson's Cycle*** program follows the parameters of the study and incorporates them into an indoor cycle class.

Lead by our veteran Parkinson's expert, Connie Truesdale, participants will perform a RPM (*rotations per minute*) assessment then gradually progress to achieve the 80-90 RPM's required. Operate at your own performance level while you reap the benefits of increased energy and control to improve everyday life activities.

At Seven Bridges – 1 Hour Class
Tuesdays and/or Thursdays
10:00 – 11:00am

2014 Fall Session*

October 7/9 – December 16/18

10 week session due to holiday – no class week of Thanksgiving

Member Fee for 10 Weeks

1-day/week = \$63.00

2-days/week = \$113.00 ***SAVE 10%***

Non-Member Fee for 10 Weeks

1-day/week = \$158.00

2-days/week = \$284.00 ***SAVE 10%***

To Register:

On-Line: <https://search.edward.org/classes>

Via Phone or E-mail with Jenny Ibrahim – Registration Coordinator

(630)646-7913 jibrahim@edward.org

For More Information:

Contact Carol Teteak – Fitness Coordinator

(630)646-7920 or carol.teteak@edward.org

