



# HELPING YOU LIVE BETTER: FEEL STRONG, STEADY AND SAFE

Salem Family YMCA • 685 Court St. NE, Salem • 503 581 9622 • [www.theYonline.org](http://www.theYonline.org)

## Pedaling for Parkinson's

Studies from the Cleveland Clinic have determined that regular cycling at a rapid pace can reduce symptoms up to 35%

- Three 60-minute group sessions per week
- A certified Instructor with specialized training to bring out your physical best
- 10 min warm up, 40 min main exercise set, 10 min cool down
- Lots of opportunities to socialize and make new friends!



**Classes:**  
Mon, Wed & Fri  
1-2 pm  
Cycling Studio

## Tai Chi

A report from the New England Journal of Medicine shows that Tai Chi may improve balance and prevent falls among people with Parkinson's.

- Two 55-minute group sessions per week
- A qualified instructor to teach you therapeutic movements
- Build strength, improve balance, and gain confidence in your mobility



**Classes:**  
Tues & Thurs  
1-1:55 pm  
Anderson Room

**Take both classes to receive the greatest benefit!**