



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEDALING FOR PARKINSON'S

Join the Y for improved well-being

Pedaling For Parkinson's helps PD patients develop and maintain healthy lifestyles through group fitness, education, and wellness activities.

- › **Freehold Family YMCA**
Mon., Wed., Fri. | 1 p.m.
- › **Old Bridge Family YMCA**
Mon., Wed., Fri. | 3 p.m.
- › **Red Bank Family YMCA**
Mon., Wed., Fri. | 12 p.m.

**STARTS
SEP. 7!**



Classes are limited to 15 participants.
Bikes must be reserved prior to class in our mobile app.

Members: Free | Non-Members: \$200/8-wk. session

For more information, contact Regional Group Exercise Director, Val Cottone at 732.727.0704 ext. 310 or vcottone@ymcanj.org

› ymcanj.org/PFP

YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA
470 East Freehold Road
Freehold, NJ 07728
732.462.0464

Old Bridge Family YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857
732.727.0704

Red Bank Family YMCA
166 Maple Avenue
Red Bank, NJ 07701
732.741.2504

YMCA.NJ.org
f t i n y

Here for all.
Financial assistance
is offered based on
availability of funds.