



Partners Human Research Committee
 APPROVAL Effective Date
 9/7/2018

RESEARCH STUDY

CYCLING SPIN CLASSES FOR INDIVIDUALS WITH PARKINSON'S

The Massachusetts General Hospital in collaboration with The Cleveland Clinic is conducting a study that examines whether cycling spin classes in the community may be a good treatment for individuals with Parkinson's Disease.

WHO?	<ul style="list-style-type: none"> • Adults age 18 and older who have mild to moderate Parkinson's Disease • Willing to keep current Parkinson's medication stable during the study • No medical reason to prevent exercise • No history of dementia 	
WHAT?	<ul style="list-style-type: none"> • Attend three one hour spin classes per week for 8 weeks • Complete two 75 minute or less testing sessions before and after the 8 weeks of classes • Participate in a follow-up phone call about two months after the last class 	
WHERE?	Cambridge YMCA (Central Sq)	Oct 15-Dec 14 M, W, F 12pm-1pm
	Malden YMCA	Oct 15-Dec 14 M, W, F 2pm-3pm
	<i>Other sites may be added soon; contact us to be on a notification list</i>	
COST?	<ul style="list-style-type: none"> • Cost of the classes to participants will be determined by each gym • There is no cost to participate in the study itself 	
HOW?	<ul style="list-style-type: none"> • For more information contact Remy Johnson at 617-726-4936 or rkjohnson@mgh.harvard.edu 	



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