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? | 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? | 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  

Other sites may be added soon; contact us to be on a notification list

| COST? | Cost of the classes to participants will be determined by each gym  
|       | There is no cost to participate in the study itself |

| HOW? | For more information contact Remy Johnson at 617-726-4936 or rkjohnson@mgh.harvard.edu |