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? | YMCA Cape Cod  
2245 Iyannough Rd,  
West Barnstable, MA 02668  
January 9- March 4  
M-W-F at 10:45 am  
M-W-F at Noon |
| 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 |