

For Immediate Release

## **Davis Phinney Foundation and InMotion® Partner to Launch Pedaling for Parkinson's™: LIVE from InMotion**

*New live online cycling classes expand access to evidence-based exercise for people living with Parkinson's nationwide*

**Louisville, Colo., and Beachwood, Ohio, April 30, 2026** – The Davis Phinney Foundation and InMotion® are joining forces to launch **Pedaling for Parkinson's™: LIVE from InMotion**, a new series of live, instructor-led online stationary cycling classes adapted for people living with Parkinson's. InMotion will live-broadcast these hybrid classes via Zoom, allowing remote participants to join in-person riders in real time.

**Starting May 4, InMotion will broadcast two live classes per week:**

- Higher Mobility Class led by Sandy Ellis
  - Mondays 1:30 p.m. to 2:15 p.m. ET / 11:30 a.m. to 12:15 p.m. MT
- Mid Mobility Class led by Sheila McCarthy
  - Wednesdays 12:45 p.m. to 1:30 p.m. ET / 10:45 a.m. to 11:30 a.m. MT

A celebratory launch class featuring leading Parkinson's expert Dr. Jay Alberts and Olympic cyclist and Parkinson's advocate Davis Phinney will take place on Monday, June 1 at 1:30 p.m. ET.

"We are incredibly excited to partner with the Davis Phinney Foundation to present Pedaling for Parkinson's LIVE from InMotion®," said Cathe Schwartz, InMotion CEO. "This collaboration gives us the opportunity to share our programming with a wider audience and welcome people throughout the country to InMotion and all that we offer. The Davis Phinney Foundation is a true leader in advancing wellness and quality of life, and we are thrilled to work alongside such an important organization to help people with Parkinson's disease feel stronger, more confident, and better every day."

The initiative brings together two leading Parkinson's wellness organizations with deep roots in the research behind Pedaling for Parkinson's™. InMotion has served as a research and programming partner, while the Davis Phinney Foundation was an early funder and advocate. In 2023, the Davis Phinney Foundation stewarded and expanded the program by supporting instructors and facilities and by bringing it to more people living with Parkinson's across the country, both in-person and online.

The research behind the program, conducted by biomedical engineer and leading Parkinson's expert Dr. Jay Alberts, found that consistent cycling three times per week can reduce motor symptoms by up to 35 percent. The new partnership will make the possibility of living well with Parkinson's through cycling more accessible by providing two more weekly live classes.

"We're thrilled to partner with InMotion to bring Pedaling for Parkinson's LIVE to more people," said Polly Dawkins, Davis Phinney Foundation CEO. "InMotion has long been a leader in

delivering high-quality programming for people with Parkinson's, and this partnership expands access to Parkinson's-specific exercise in a meaningful way. By connecting people to live, expert-led classes grounded in the research of Dr. Jay Alberts, we're helping people stay active, connected and take control of how they live well today."

Each class will follow an evidence-based cycling protocol and be led in real time by InMotion's experienced instructors. Sessions will include guidance on bike setup and posture, 30 to 40 minutes of coached cycling adapted to all stages of Parkinson's, and a gradual cooldown. In addition, participants will connect with a nationwide community of people living with Parkinson's. To participate, individuals will need an internet-enabled device, a stationary bike or trainer stand, and a camera and microphone for safety. To learn more, visit <http://dpf.org/LIVEfromInMotion>

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### **About InMotion®**

InMotion® leads the way in offering community-based wellness for people with Parkinson's disease, providing healing arts, physical wellness, education, support, and symptom-specific programs to help clients feel better every day. InMotion serves clients at its Beachwood, Ohio, location and remotely via Zoom. As a nonprofit 501(c)(3) organization, InMotion relies on generous donors to offer programs at no cost to clients. Learn more at [www.beinmotion.org](http://www.beinmotion.org).

### **About The Davis Phinney Foundation**

The Davis Phinney Foundation was created in 2004 by Olympic medalist and retired professional cyclist Davis Phinney to help people with Parkinson's live well today through programs and resources built with—and for—the Parkinson's community. Through the Every Victory Counts® manual, [Pedaling for Parkinson's™](http://www.pedalingforparkinsons.com), the Ambassador Leadership Program, Hispanic Community Engagement, and extensive online content, the organization impacts hundreds of thousands of individuals each year. Learn more at [davisphinneyfoundation.org](http://davisphinneyfoundation.org).

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### **MEDIA CONTACTS**

InMotion®  
Cathe Schwartz, CEO  
216-342-4966  
[cschwartz@beinmotion.org](mailto:cschwartz@beinmotion.org)

Davis Phinney Foundation  
Jaclyn Lambert, PR Representative  
941-321-6301  
[jaclyn@jaclynlambert.com](mailto:jaclyn@jaclynlambert.com)