

Power Over Parkinson's FREE Exercise Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday
HEAT	11:45am Gold's Gym 8904 W. Broad St Richmond 23294		10:30m Gold's Gym 8904 W. Broad St Richmond 23294		10:30am Gold's Gym 8904 W. Broad St Richmond 23294
PWR!Moves	10:30am Gold's Gym 8904 W. Broad St Richmond 23294	10:30am Gold's Gym 8904 W. Broad St Richmond 23294 & 12:15pm Gold's Gym 345 Schofield Dr, Midlothian, VA 23113		10:30am Gold's Gym 9782 Gayton Rd, Henrico, VA 23238 & 12:15pm Gold's Gym 345 Schofield Dr, Midlothian, VA 23113	
Stretch & Connect			11:45am Gold's Gym 8904 W. Broad St Richmond 23294		
Dance for PD			11:30am Hope Point Church 10500 Newbys Bridge Rd Chesterfield, VA 23832		
Fun Fridays with Friends*					11:45am Gold's Gym 8904 W. Broad St Richmond 23294

**Come enjoy a fun and gentle volleyball with friends!*