



Power
Over
Parkinson's

Power Over Parkinson's FREE Exercise Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday
HEAT	12pm 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	
Dance for PD			11:30am Simply Ballroom 3549 Courthouse Rd, Richmond 23236		
Fun Fridays with Friends*					11:45am Gold's Gym 8904 W. Broad St Richmond 23294
Boxing Live Zoom		11:30am Zoom		11:30am Zoom	

*A combination of HEAT, PWR, and yoga – including friendly competition and fun!