<table>
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<tr>
<th>Location</th>
<th>Exercise Details</th>
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| Charlottesville | Yoga for Parkinson’s  
Mondays at 11am-12pm and Thursdays at 10:45am-11:45am  
Charlottesville Senior Center, 1180 Pepsi Place.  
$65 per month.  
(434) 974-7756 |
|               | Rock Steady Boxing Charlottesville  
340 Greenbrier Drive, Suite A-1  
Jojo McDuffie at Charlottesville@rsbaffiliate.com or (804) 833-4011  
Website: http://charlottesville.rsbaffiliate.com |
| Fairfax        | Communication Club (speech exercises) - Wednesdays at 5pm  
Tai Chi for Parkinson’s - Mondays at 11am  
Move BIG! - Tuesdays and Thursdays at 11am  
All classes at The Virginian, 9229 Arlington Blvd.  
No cost. (703) 277-6611 |
| Falmouth       | Women’s Parkinson’s Health & Wellness Class  
Thursdays 9:30am-10:30am  
YMCA Massad Branch, 212 Butler Rd.  
Free for members, $5 for non-members.  
Naomi Murdock at nmurdock@family-ymca.org |
| Ferrum         | Parkinson’s Boxing Club  
Ferrum YMCA, 333 Wiley Dr.,  
(540) 365-9622 |
| Fredericksburg | Parkinson’s Group Training  
Tuesdays and Thursdays 1pm-2pm  
Parkinson’s Health & Wellness Class  
Fridays 11:45am-1:45pm.  
Ron Rosner Family YMCA, 5700 Smith Station Rd  
John Massad at jmassad@family-ymca.org or (540) 735-9622  
x2039 Free for members, $5 for non-members. |
| Irvington      | PD Fit to Move - Rappahannock Westminster Canterbury  
Mondays, Wednesdays & Fridays, 10am-11am  
Jonathan Smith at (804) 438-4290. No cost. |
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| Lynchburg     | **PWR Moves**  
Tuesdays and Thursdays at 1:15pm at 801 Wyndhurst Dr.  
$45 for members, $75 for non-members.  
Randi Abell at randiabell@ymcacva.org |                                                                         |                                              |
| Moneta        | **Parkinson’s Boxing Club**  
Smith Mountain Lake YMCA, 293 FirstWatch Dr.,  
(540) 721-9622 |                                                                         |                                              |
| Rocky Mount   | **Parkinson’s Boxing Club**  
Rocky Mount YMCA, 235 Technology Dr.,  
(540) 489-9622 |                                                                         |                                              |
| Virginia Beach| **Parkinson Wellness Recovery Program**  
Fridays at 1pm; $10 per class.  
Good Shepherd Lutheran Church, 1489 Laskin Rd.  
Gloria Siegel at (757) 339-3833 |                                                                         |                                              |
|               | **Parkinson Wellness Recovery Exercise Class**  
Mondays and Wednesdays 11am-12pm; $45 per month.  
**Sentara** Therapy Center **Princess Anne**, 2075 Glenn Mitchell Drive,  
3rd Floor Conference Room, Medical Office Building.  
Wendy Wilkerson at (757) 507-0390 |                                                                         |                                              |
|               | **Parkinson Wellness Recovery Exercise Class**  
Mondays and Wednesdays 12:30pm-1:30pm; $45 per month.  
**Sentara** Center **Lynnhaven**, 2728 Virginia Beach Blvd, Suite 535.  
Wendy Wilkerson at (757) 395-1980 |                                                                         |                                              |
|               | **Rock Steady Boxing**  
Wendy Wilkerson at (757) 507-0390 or at (757) 507-0390 |                                                                         |                                              |
|               | **Yoga for Special Needs**  
Mondays at 4:30pm-5:45pm  
Wells Therapeutics, 319 Edwin Dr, Suite 101.  
Karima Lubich at (757) 313-4962 |                                                                         |                                              |
| Williamsburg  | **Parkinson/Movement Disorder Exercise Group**  
Tuesdays and Thursdays at 1pm-2pm; $80 per month (8 visits)  
YMCA Community Room, 301 Sentara Circle.  
Sponsored by Sentara Outpatient Rehabilitation.  
(757) 984-9900 |                                                                         |                                              |
|               | **Rock Steady Boxing Williamsburg**  
Comber Physical Therapy/Fusion Chiropractic – **New Town**  
5388 Discovery Park Blvd, Suite 110-A  
Scott Brubaker at (757) 903-4230  
Website: www.comberpt.com/rock-steady |                                                                         |                                              |

Website: [www.comberpt.com/rock-steady](http://www.comberpt.com/rock-steady)
| Personal Training, etc. | Rhonda Huff, Newport News  
Body in Balance, Personal Training for PD  
12482 Warwick Blvd, Suite A, **Newport News**  
Website: [www.bodyinbalance757.com](http://www.bodyinbalance757.com)  
(757) 715-6906 |

Updated: January 2018. Please report any additions or changes to this list to VCU Parkinson’s and Movement Disorder Center Attention: Eliza Janus [eliza.janus@vcuhealth.org](mailto:eliza.janus@vcuhealth.org)  (804) 628-2659
## Exercise Resources

### Parkinson’s Disease

#### Richmond

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| Brandermill Woods | Parkinson’s Dance Group  
Weekly class for Residents of Brandermill Woods, Midlothian.  
Contact Activities Coordinator if you live in Brandermill Woods. |
| Bon Air         | Parkinson’s Wellness Recovery Exercise Class  
Tuesdays and Thursdays 11:30am-12:25pm  
Sheltering Arms Bon Air Center, 206 Twinridge Rd, Bon Air  
$40 for 6-week series.  
Valerie Boggess at (804) 764-5275. |
| Chesterfield    | Richmond Parkinson’s Dance Project  
[www.richmondparkinsonsdanceproject.com](http://www.richmondparkinsonsdanceproject.com)  
Wednesdays at 11am-12pm. No cost.  
Simply Ballroom Dance Studio 3549 Courthouse Rd, Chesterfield.  
Contact dance@simplyballroomva.com or (804) 276-3343. |
| Henrico         | Parkinson’s Disease Exercise Program  
Mondays, Tuesdays, and Thursdays 11am-12pm, plus Thurs 12:12:30pm  
Pedaling for Parkinson’s (no additional cost for paid class participants)  
John Rolfe Family YMCA, 2244 John Rolfe Parkway, Henrico  
3-Day option: $60 members / $90 community member per 6-week session; 2-Day option: $40 members / $70 community per 6-week session.  
Lisa Collins at collinsl@ymcarichmond.org or (804) 729-4636 |
| Henrico         | Rock Steady Boxing Richmond  
Mon-Thurs 11:15am-12:30pm, Saturday 10am-11:30am  
8191 Staples Mill Rd, Henrico.  
Richmond@rsbaffiliate.com or (804) 835-6935 |
| Henrico         | Richmond Parkinson’s Dance Project  
[www.richmondparkinsonsdanceproject.com](http://www.richmondparkinsonsdanceproject.com)  
Mondays at 11:30am-12:15pm No cost.  
West End Academy of Dance 10620 Patterson Ave, Suite C, Henrico.  
Contact dance@simplyballroomva.com or (804) 276-3343. |
| Midlothian      | ACAC P.R.E.P. (Physician Referred Exercise Program) $60 for 60 days.  
11621 Robius Rd, Midlothian. Contact: (804) 378-1600 |
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| Richmond | Power Punch Sheltering Arms Midtown | 2805 W. Broad Street, Richmond
Tuesdays at 3:30pm
$5/class when pre-registered
Contact: (804) 764-5275 to schedule initial assessment
Website: [www.ShelteringArms.com/PowerPunch](http://www.ShelteringArms.com/PowerPunch) |
| Richmond | Gentle Yoga Class | Mondays at 2pm-3pm. First Baptist Church, 2709 Monument Ave. Richmond
Fee is whatever donation you are able to make.
Sarah Humphries at [sarah.humphries@verizon.net](mailto:sarah.humphries@verizon.net) or (804) 840-4881 |
| Richmond | Taiko Drumming for Parkinson’s | Thursdays 1-2pm
611 E. Laburnum Ave. Richmond
Paul Yoon at [pyoon@vcu.edu](mailto:pyoon@vcu.edu) |
| Richmond | Sarete Aikido for all Veterans | Tuesdays, 4:30-5:30pm
VIP Center Bldg 507, C wing, McGuire VAMC, Richmond
Adapted from the martial art Aikido. Focuses on breathing, posture and movement. Call (804) 564-4701 |
| Sandston | Movement Disorders and Balance Program | Mondays and Thursdays 11am-12pm
Chickahominy Family YMCA, 5401 Whiteside Rd, Sandston.
6-wk/12 class session: $40 for members, $70 for community.
Tricia Wright at [wrightt@ymcarichmond.org](mailto:wrightt@ymcarichmond.org) or (804) 737-9622 |
| Short Pump | ACAC P.R.E.P. (Physician Referred Exercise Program) | $60 for 60 days.
2201 Old Brick Rd, Short Pump. Contact (804) 464-0990 |
| Personal Training, etc. | Heather Umberger MS, CMT | [www.fertilegroundmassage.com](http://www.fertilegroundmassage.com)
Integrative Wellness Practitioner, MELT Instructor, Nia Brown Belt, Ageless Grace Educator. [humberger@me.com](mailto:humberger@me.com) or (804) 909-7210 |
| | Linda Dunn, RN, RYT | Personalized yoga for older adults, those with limited mobility, and/or movement disorders such as Parkinson’s disease. Private instruction or small group classes. [lindadunnrn@verizon.net](mailto:lindadunnrn@verizon.net) or 804-306-9584. |
| | Sandy Lawson, MES | Medical Exercise Specialist, Re-Kinect, LLC [www.re-kinect.com](http://www.re-kinect.com)
8619 Mayland Drive, Henrico. [sandy@re-kinect.com](mailto:sandy@re-kinect.com) or (804) 823-9600. |
| | Jennie Meharg | Range of Motion Fitness [https://www.romfitrva.com](https://www.romfitrva.com)
6924 Lakeside Ave. Suite 202-B, Richmond [romfitrva@gmail.com](mailto:romfitrva@gmail.com) or (804) 683-0409. |

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