**EXERCISE RESOURCES**

**Parkinson’s Disease**

**RICHMOND**

<table>
<thead>
<tr>
<th>Location</th>
<th>Program Description</th>
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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](mailto: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](mailto: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](mailto: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](mailto: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 or (804) 840-4881 |
| Richmond   | **Taiko Drumming for Parkinson’s**                                       | Thursdays 1-2pm  
611 E. Laburnum Ave.  
Richmond  
Paul Yoon at 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 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   | **Heather Umberger MS, CMT**                                             | Integrative Wellness Practitioner, MELT Instructor, Nia Brown Belt, Ageless Grace Educator.  
humberger@me.com or (804) 909-7210 |
| Training,  | **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 or 804-306-9584. |
| etc.       | **Sandy Lawson, MES**                                                    | Medical Exercise Specialist, Re-Kinect, LLC  
www.re-kinect.com  
8619 Mayland Drive, Henrico.  
sandy@re-kinect.com or (804) 823-9600. |
|            | **Jennie Meharg**                                                        | Range of Motion Fitness  
https://www.romfitrva.com  
6924 Lakeside Ave. Suite 202-B, Richmond  
romfitrva@gmail.com or (804) 683-0409. |

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 (804) 628-2659.
# Exercise Resources
## Parkinson’s Disease
### Virginia

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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  
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|                | **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  
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| 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  
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| 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  
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| Ferrum         | **Parkinson’s Boxing Club**  
Ferrum **YMCA**, 333 Wiley Dr.,  
(540) 365-9622  
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| 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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<td><strong>Lynchburg</strong></td>
<td>PWR Moves&lt;br&gt;Tuesdays and Thursdays at 1:15pm at 801 Wyndhurst Dr.&lt;br&gt;$45 for members, $75 for non-members.&lt;br&gt;Randi Abell at <a href="mailto:randiabell@ymcacva.org">randiabell@ymcacva.org</a></td>
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<td><strong>Moneta</strong></td>
<td>Parkinson’s Boxing Club&lt;br&gt;Smith Mountain Lake YMCA, 293 FirstWatch Dr.,&lt;br&gt;(540) 721-9622</td>
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<td><strong>Rocky Mount</strong></td>
<td>Parkinson’s Boxing Club&lt;br&gt;Rocky Mount YMCA, 235 Technology Dr.,&lt;br&gt;(540) 489-9622</td>
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<td><strong>Virginia Beach</strong></td>
<td>Parkinson Wellness Recovery Program&lt;br&gt;Fridays at 1pm; $10 per class.&lt;br&gt;Good Shepherd Lutheran Church, 1489 Laskin Rd.&lt;br&gt;Gloria Siegel at (757) 339-3833</td>
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<td>Parkinson Wellness Recovery Exercise Class&lt;br&gt;Mondays and Wednesdays 11am-12pm; $45 per month.&lt;br&gt;Sentara Therapy Center Princess Anne, 2075 Glenn Mitchell Drive, 3rd Floor Conference Room, Medical Office Building.&lt;br&gt;Wendy Wilkerson at (757) 507-0390</td>
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<td>Parkinson Wellness Recovery Exercise Class&lt;br&gt;Mondays and Wednesdays 12:30pm-1:30pm; $45 per month.&lt;br&gt;Sentara Center Lynnhaven, 2728 Virginia Beach Blvd, Suite 535.&lt;br&gt;Wendy Wilkerson at (757) 395-1980</td>
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<td>Rock Steady Boxing&lt;br&gt;Wendy Wilkerson at (757) 507-0390 or at (757) 507-0390</td>
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<td>Yoga for Special Needs&lt;br&gt;Mondays at 4:30pm-5:45pm&lt;br&gt;Wells Therapeutics, 319 Edwin Dr, Suite 101.&lt;br&gt;Karima Lubich at (757) 313-4962</td>
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<td><strong>Williamsburg</strong></td>
<td>Parkinson/Movement Disorder Exercise Group&lt;br&gt;Tuesdays and Thursdays at 1pm-2pm; $80 per month (8 visits)&lt;br&gt;YMCA Community Room, 301 Sentara Circle.&lt;br&gt;Sponsored by Sentara Outpatient Rehabilitation.&lt;br&gt;(757) 984-9900</td>
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<td>Rock Steady Boxing Williamsburg&lt;br&gt;Comber Physical Therapy/Fusion Chiropractic – New Town&lt;br&gt;5388 Discovery Park Blvd, Suite 110-A&lt;br&gt;Scott Brubaker at (757) 903-4230&lt;br&gt;Website: <a href="http://www.comberpt.com/rock-steady">www.comberpt.com/rock-steady</a></td>
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| Williamsburg | PWR! Moves  
Mondays and Wednesdays at 11:15am, Fridays at 1:30pm  
William A. Doig Health Club & Spa  
Williamsburg Landing  
3000 The Mall  
Britnee Cason at (757) 565 6545 or  
bcason@williamsburglanding.com |
|--------------|------------------------------------------------|
| 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  
(804) 628-2659