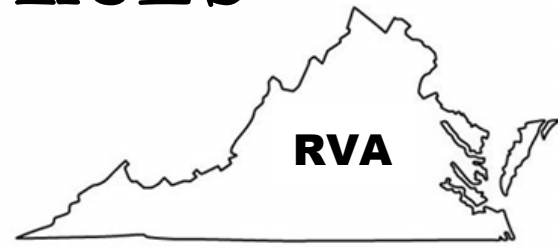


# EXERCISE RESOURCES

## Parkinson's Disease

# RICHMOND



Brandermill Woods	<b>Parkinson's Dance Group</b> Weekly class for Residents of <b>Brandermill Woods, Midlothian.</b> Contact Activities Coordinator if you live in Brandermill Woods.
Bon Air	<b>Parkinson's Wellness Recovery Exercise Class</b> Tuesdays and Thursdays 11:30am-12:25pm <b>Sheltering Arms Bon Air Center, 206 Twinridge Rd. Bon Air</b> \$40 for 6-week series. Valerie Boggess at (804) 764-5275.
Chesterfield	<b>Richmond Parkinson's Dance Project</b> <a href="http://www.richmondparkinsonsdanceproject.com">www.richmondparkinsonsdanceproject.com</a> Wednesdays at 11am-12pm. No cost. <b>Simply Ballroom Dance Studio</b> 3549 Courthouse Rd, <b>Chesterfield.</b> Contact <a href="mailto:dance@simplyballroomva.com">dance@simplyballroomva.com</a> or (804) 276-3343.
Henrico	<b>Parkinson's Disease Exercise Program</b> Mondays, Tuesdays, and Thursdays 11am-12pm, plus Thurs 12:12:30pm Pedaling for Parkinson's (no additional cost for paid class participants) <b>John Rolfe Family YMCA, 2244 John Rolfe Parkway, Henrico</b> 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 <a href="mailto:collinsl@ymcarichmond.org">collinsl@ymcarichmond.org</a> or (804) 729-4636
Henrico	<b>Rock Steady Boxing Richmond</b> Mon-Thurs 11:15am-12:30pm, Saturday 10am-11:30am 8191 Staples Mill Rd, <b>Henrico.</b> <a href="mailto:Richmond@rsbaffiliate.com">Richmond@rsbaffiliate.com</a> or (804) 835-6935
Henrico	<b>Richmond Parkinson's Dance Project</b> <a href="http://www.richmondparkinsonsdanceproject.com">www.richmondparkinsonsdanceproject.com</a> Mondays at 11:30am-12:15pm No cost. <b>West End Academy of Dance</b> 10620 Patterson Ave, Suite C, <b>Henrico.</b> Contact <a href="mailto:dance@simplyballroomva.com">dance@simplyballroomva.com</a> or (804) 276-3343.
Midlothian	<b>ACAC P.R.E.P. (Physician Referred Exercise Program)</b> \$60 for 60 days. 11621 Robius Rd, <b>Midlothian.</b> Contact: (804) 378-1600

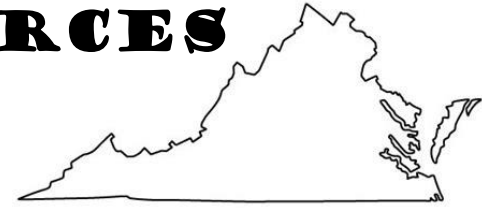
<b>Richmond</b>	<b>Power Punch Sheltering Arms Midtown</b> , 2805 W. Broad Street, <b>Richmond</b> Tuesdays at 3:30pm \$5/class when pre-registered Contact: (804) 764-5275 to schedule initial assessment Website: <a href="http://www.ShelteringArms.com/PowerPunch">www.ShelteringArms.com/PowerPunch</a>
<b>Richmond</b>	<b>Gentle Yoga Class</b> Mondays at 2pm-3pm. First Baptist Church, 2709 Monument Ave. <b>Richmond</b> Fee is whatever donation you are able to make. Sarah Humphries at <a href="mailto:sarah.humphries@verizon.net">sarah.humphries@verizon.net</a> or (804) 840-4881
<b>Richmond</b>	<b>Taiko Drumming for Parkinson's</b> Thursdays 1-2pm 611 E. Laburnum Ave. <b>Richmond</b> Paul Yoon at <a href="mailto:pyoon@vcu.edu">pyoon@vcu.edu</a>
<b>Richmond</b>	<b>Sarete Aikido for all Veterans</b> Tuesdays, 4:30-5:30pm VIP Center Bldg 507, C wing, <b>McGuire VAMC, Richmond</b> Adapted from the martial art Aikido. Focuses on breathing, posture and movement. Call (804) 564-4701
<b>Sandston</b>	<b>Movement Disorders and Balance Program</b> Mondays and Thursdays 11am-12pm <b>Chickahominy Family YMCA</b> , 5401 Whiteside Rd, <b>Sandston</b> . 6-wk/12 class session: \$40 for members, \$70 for community. Tricia Wright at <a href="mailto:wrightt@ymcarichmond.org">wrightt@ymcarichmond.org</a> or (804) 737-9622
<b>Short Pump</b>	<b>ACAC P.R.E.P. (Physician Referred Exercise Program)</b> \$60 for 60 days. 2201 Old Brick Rd, <b>Short Pump</b> . Contact (804) 464-0990
<b>Personal Training, etc.</b>	<b>Heather Umberger MS, CMT</b> <a href="http://www.fertilegroundmassage.com">www.fertilegroundmassage.com</a> Integrative Wellness Practitioner, MELT Instructor, Nia Brown Belt, Ageless Grace Educator. <a href="mailto:humberger@me.com">humberger@me.com</a> or (804) 909-7210
	<b>Linda Dunn, RN, RYT</b> Personalized yoga for older adults, those with limited mobility, and/or movement disorders such as Parkinson's disease. Private instruction or small group classes. <a href="mailto:lindadunnrn@verizon.net">lindadunnrn@verizon.net</a> or 804-306-9584.
	<b>Sandy Lawson, MES</b> Medical Exercise Specialist, Re-Kinect, LLC <a href="http://www.re-kinect.com">www.re-kinect.com</a> 8619 Mayland Drive, <b>Henrico</b> . <a href="mailto:sandy@re-kinect.com">sandy@re-kinect.com</a> or (804) 823-9600.
	<b>Jennie Meharg</b> Range of Motion Fitness <a href="https://www.romfitrva.com">https://www.romfitrva.com</a> 6924 Lakeside Ave. Suite 202-B, <b>Richmond</b> <a href="mailto:romfitrva@gmail.com">romfitrva@gmail.com</a> 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](mailto:eliza.janus@vcuhealth.org) (804) 628-2659.

# EXERCISE RESOURCES

## Parkinson's Disease

# VIRGINIA



<p>Charlottesville</p>	<p><b>Yoga for Parkinson's</b>  Mondays at 11am-12pm and Thursdays at 10:45am-11:45am  Charlottesville <b>Senior Center</b>, 1180 Pepsi Place.  \$65 per month. (434) 974-7756</p> <p>-----</p> <p><b>Rock Steady Boxing Charlottesville</b>  340 Greenbrier Drive, Suite A-1  Jojo McDuffie at <a href="mailto:Charlottesville@rsbaffiliate.com">Charlottesville@rsbaffiliate.com</a> or (804) 833-4011  Website: <a href="http://charlottesville.rsbaffiliate.com">http://charlottesville.rsbaffiliate.com</a></p>
<p>Fairfax</p>	<p><b>Communication Club (speech exercises)</b> - Wednesdays at 5pm  <b>Tai Chi for Parkinson's</b> - Mondays at 11am  <b>Move BIG!</b> - Tuesdays and Thursdays at 11am</p> <p>All classes at <b>The Virginian</b>, 9229 Arlington Blvd.  No cost. (703) 277-6611</p>
<p>Falmouth</p>	<p><b>Women's Parkinson's Health &amp; Wellness Class</b>  Thursdays 9:30am-10:30am  <b>YMCA Massad Branch</b>, 212 Butler Rd.  Free for members, \$5 for non-members.  Naomi Murdock at <a href="mailto:nmurdock@family-ymca.org">nmurdock@family-ymca.org</a></p>
<p>Ferrum</p>	<p><b>Parkinson's Boxing Club</b>  <b>Ferrum YMCA</b>, 333 Wiley Dr.,  (540) 365-9622</p>
<p>Fredericksburg</p>	<p><b>Parkinson's Group Training</b>  Tuesdays and Thursdays 1pm-2pm</p> <p><b>Parkinson's Health &amp; Wellness Class</b>  Fridays 11:45am-1:45pm.</p> <p><b>Ron Rosner Family YMCA</b>, 5700 Smith Station Rd  John Massad at <a href="mailto:jmassad@family-ymca.org">jmassad@family-ymca.org</a> or (540) 735-9622  x2039 Free for members, \$5 for non-members.</p>
<p>Irvington</p>	<p><b>PD Fit to Move - Rappahannock Westminster Canterbury</b>  Mondays, Wednesdays &amp; Fridays, 10am-11am  Jonathan Smith at (804) 438-4290. No cost.</p>

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

<p><b>Williamsburg</b></p>	<p><b>PWR! Moves</b>  Mondays and Wednesdays at 11:15am, Fridays at 1:30pm  William A. Doig Health Club &amp; Spa  Williamsburg Landing  3000 The Mall  Britnee Cason at (757) 565 6545 or  <a href="mailto:bcason@williamsburglanding.com">bcason@williamsburglanding.com</a></p>
<p><b>Personal Training, etc.</b></p>	<p><b>Rhonda Huff, Newport News</b>  Body in Balance, Personal Training for PD  12482 Warwick Blvd, Suite A, <b>Newport News</b>  Website: <a href="http://www.bodyinbalance757.com">www.bodyinbalance757.com</a>  (757) 715-6906</p>

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