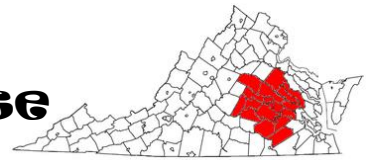




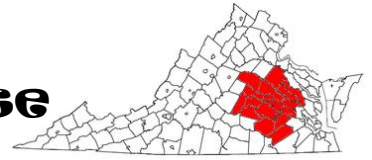
# Exercise Resources for Parkinson's Disease around Richmond, VA



Area	Exercise Program	Dates/Cost
<b>Brandermill</b>	<p>Parkinson's Dance Group for residents of Brandermill Woods, guests welcome to attend. Chair exercise group. Must be vaccinated or wear N95 mask.            Brandermill Woods Clubhouse            14311 Brandermill Woods Trail, Midlothian            Contact: Willia Lloyd  <a href="mailto:wllloyd@brandermillwoods.com">wllloyd@brandermillwoods.com</a></p>	<p>Tu 3:00pm            FREE for residents</p>
<b>Chesterfield</b>	<p>Richmond Parkinson's Dance Project  <a href="http://www.richmondparkinsonsdanceproject.com">www.richmondparkinsonsdanceproject.com</a>            at Simply Ballroom Dance Studio            3549 Courthouse Road, Chesterfield            Contact: Veronica (804) 276-3343 or  <a href="mailto:dance@simplyballroomva.com">dance@simplyballroomva.com</a></p>	<p>W 11:30-12:15pm            per website            FREE for those with            PD diagnosis only</p>
<b>Henrico</b>	<p>Parkinson's Disease Movement Program            Pedaling for Parkinson's at John Rolfe YMCA            2244 John Rolfe Parkway, Henrico            Contact: Ian Hunt (804)729-4634  <a href="mailto:hunti@ymcarichmond.org">hunti@ymcarichmond.org</a></p>	<p>MW 11:45-12:45pm            T Th 1-2:00 pm            Cost: \$40/month            (members)            \$70/month (non-            members)</p>
	<p>Rock Steady Boxing            8191 Staples Mill Road            Henrico, VA 23228            804-835-6935</p>	<p>Heavy Hitters: MWF            11:15-12:30pm,            MW 1-2:15pm,            T/Th 9:30-10:45am,            Sat 10-11:15am            Fearless Fighters:            T/Th 11:15-            12:30pm,            Sat 10-11:15am            Yoga: Every other Fri            10-11am</p>



# Exercise Resources for Parkinson's Disease around Richmond, VA



	<p>ACAC P.R.E.P (Physician Referred Exercise Program) exercise counseling and guidance, strength or pool. Referral from MD. Short Pump ACAC 2201 Old Brick Road Contact: Zack zackaryl@acac.com (804)-464-0990 info/forms at: Acac.com/prep referral form</p>	<p>Individual sessions. Some supervised sessions and independent sessions. \$60 for 60 days</p>
	<p>POP HEAT (Power Over Parkinson's High Energy Amplified Training) 1 hour classes held at GOLD's GYM 8904 W Broad Street, Richmond www.poweroverpd.org</p>	<p>M 12pm, W 12pm, F 10:30am Monthly unlimited \$65/month. Daily \$15/class, or purchase block of 6 classes for 1 month, \$85.</p>
<b>Richmond</b>	<p>Power Punch at Sheltering Arms Midtown 2805 W Broad Street, Richmond www.shelteringarms.com/powerpunch Contact: Christina Smith 804-764-5354</p>	<p>T/Th 3:00pm \$40/one month session</p>
	<p>Gentle Yoga at First Baptist Church 2709 Monument Ave, Richmond Contact: Sarah Humphries <a href="mailto:enjoyoga7@gmail.com">enjoyoga7@gmail.com</a> 804-840-4881</p>	<p>F 11:00am Cost: whatever donation you can make</p>
<b>Virtual*</b>	<p>POP Virtual Workout with Coach Jojo Zoom link sent out prior to workout. Led by Rock Steady Boxing Coach and Sr. POP Advisor, Jojo McDuffie. www.poweroverpd.org</p>	<p>Sat 10am FREE</p>