

Parkinson's Exercise Resources

Last updated October, 2016

Richmond

ACAC P.R.E.P Program

Referrals accepted from providers

11621 Robius Road, Midlothian
2201 Old Brick Road, Short Pump
Class schedule varies by location
\$60 for 60 days

**Contact: (804) 378-1600 (Midlothian)
(804) 464-0990 (Short Pump)**

Gentle Yoga

First Baptist Church 2709 Monument Ave
Mondays 2 pm
Donations accepted

**Contact: Sarah Humphries
(804) 840-4881**

Chickahominy Family YMCA

Parkinson's Exercise Class

5401 Whiteside Rd., Sandston
Mondays and Thursdays
11:00– 12:00 PM

Contact: Tricia Wright

wrightt@richmondymca.org

Camille Ferrandino

ferrandinoc@richmondymca.org

(804) 737-4611

Sheltering Arms, Bon Air

Parkinson's Wellness Recovery Exercise Class

Tuesdays and Thursdays
11:30-12:30

6 week series

**Contact: Valarie Boggess
(804) 764-5275**

John Rolfe Family YMCA

Parkinson's Exercise Class

2244 John Rolfe Parkway, Richmond
Tuesdays and Thursdays
11:00 – 12:00 PM

Contact: Amy Morici

(804) 360-8767

Neurological and Movement Disorders

Gentle Yoga

First and third Tuesday of the month
5:00-6:00 pm
8200 Meadowbridge Road, Mechanicsville,
Virginia, 23116
(Medical Office Building 4 at Memorial
Regional Medical Center, look for the Ortho VA
sign on the side of the building)
1st floor conference room

**Contact: Sarah Humphries
sarah.humphries@verizon.net**

Richmond Parkinson's Dance Project

Simply Ballroom Dance Studio

3549 Courthouse Rd., Richmond
Rockwood Plaza Shopping Center
(corner of Courthouse Rd. and Hull St. behind the Shell
Station)

Wednesdays, 11:00 – 12:00pm

No cost

Contact: Veronica Braun

(804) 276-3343

Charlottesville

Yoga for Parkinson's

Charlottesville Senior Center

1180 Pepsi Place, Charlottesville

Mondays

11:00 – 12:00 PM

Thursdays

10:45 – 11:45 AM

\$65 per month

Call: Margaret Fitch

(434) 974-7756

Lynchburg

Exercise 4 Brain Change

YMCA of Central VA

3408 Old Forest Rd, Lynchburg

Tuesdays and Thursdays

1:15 PM

8 week session

\$45 – member

\$75 – non-member

Contact: (434) 455-5996

Northern Neck/Middle Peninsula

Fit to Move

Rappahannock Westminster Canterbury

132 Lancaster Drive, Irvington

Mondays, Wednesdays, and Fridays

10:00 – 11:00 AM

No cost

Contact: Jonathan Smith

1-800-792-1444

Virginia Beach

Parkinson Wellness Recovery Exercise Class

Sentara Therapy Center -- Princess Ann

YMCA

PWR and Rock Steady Boxing

Monday-Friday times depending on need

Cost: \$45 per month

Contact: Wendy Wilkerson (757) 507-0390

Virginia Beach

Parkinson Wellness Recovery Exercise Class

Sentara Therapy Center -- Hilltop

1725 Laskin Rd, Suite 535, VA Beach

Monday-Friday

Times and days depending on need

Cost: \$45 per month

Contact: Wendy Wilkerson (757) 252-4800

Parkinson Wellness Recovery Program

Taught by Gloria Siegel, trained PWR instructor

Good Shepherd Lutheran Church

1489 Laskin Road, VA Beach

Boxing, pole walking, PWR program

Fridays

1:00 PM or 2:30 depending on need

\$10 per class

Contact: Gloria Siegel (757) 339-3833

Yoga for Special Needs

Wells Therapeutics

319 Edwin Drive, Suite 103, VA Beach

Mondays

4:30 PM

Contact: Melody Lubich (757) 313-4962

Newport News

Body in Balance

Rhonda Huff

(9757) 715-6906

Personal Training for PD and Positive focused

Parkinson's Support Group, "On Offense". Care

partners welcome. Wednesday, September 14th

7:00 PM

rhond@bodyinbalance757.com

Williamsburg

Parkinson/Movement Disorder Exercise Group

YMCA Community Room

301 Sentara Circle, Williamsburg

Tuesdays and Thursdays

1:00 – 2:00 PM

Cost: \$80 per month (8 visits)

Sponsored by Sentara Outpatient

Rehabilitation

Rock Steady Boxing Williamsburg

Head Coach, Scott Brubaker, PTA
Comber Physical Therapy/ Fusion Chiropractic
(757) 903-4250
<http://www.comberpt.com/rock-steady>

Fredericksburg/Spotsylvania

Rappahannock Area

Parkinson's Group Training

Ron Rosner Family YMCA

5700 Smith Station Road, Fredericksburg

Tuesdays and Thursdays

12:00-1:00 PM

Members: Free

Non-members: \$5.00 including spouse or caregiver

Contact: John Massad,

Wellness Director

(540) 735-9622 x 2039

jmassad@family-ymca.org

Women's Therapeutic Movements Class

Massad Branch

212 Butler Road, Falmouth

Thursday 9:30-10:30

Members: Free

Non-members: \$10.00

Contact: (540) 371-9622 Press 0 for front desk

Men's Parkinson's Health & Wellness Class

Massad Branch

212 Butler Road, Falmouth

Fridays, 11:45am-1:45pm

Members: Free

Non-members: \$10.00

Contact: (540) 371-9622 Press 0 for front desk