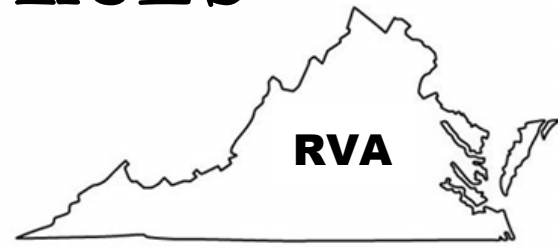


# EXERCISE RESOURCES

## 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 3549 Courthouse Rd, 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 10620 Patterson Ave, Suite C, 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:humphries.sarah.k@gmail.com">humphries.sarah.k@gmail.com</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.