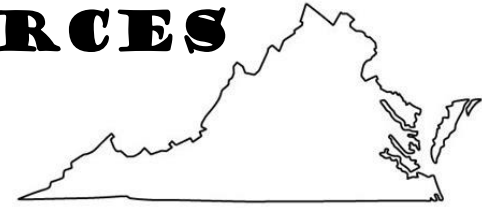


# EXERCISE RESOURCES

## 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> <hr/> <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>

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