

Parkinson's Group Exercise Class

Every Tuesday & Thursday
11:00-12:00

The John Rolfe Family YMCA has a medically based Parkinson's group exercise class. Instructor Keith Overstreet has more than 20 years of experience as a Personal Trainer. Keith focuses on what you can do and not what you can't do. The class focuses on cardiovascular fitness, strength training, flexibility, balance & coordination. If you would like to try the class call Monica Atnip, Wellness Director at 804-360-8767.

The John Rolfe Family YMCA

2244 John Rolfe Parkway

Henrico, VA 23233

804-360-8767



All classes are 6 weeks
\$30 for YMCA members
\$60 for Non YMCA members
Grants available, call for more information