

Central & Eastern Virginia Movement Disorders Exercise Resources

Richmond

ACAC P.R.E.P

(Physician Referred Exercise Program)
11621 Robius Road, Midlothian
2201 Old Brick Road, Short Pump

\$60 for 60 days
Class schedule varies by location

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

Parkinson's Exercise Class

John Rolfe Family YMCA

2244 John Rolfe Parkway, Richmond

Mondays, Tuesdays, and Thursdays
11:00 – 12:00 PM
3-Day option
\$60 member / \$90 community member
per 6-week session

2-Day option
\$40 member / \$70 community member
per 6-week session

**Contact: Monica Newsome,
Wellness Director (804) 360-8767**

Exercise Class for People Living with PD

Chickahominy Family YMCA

5401 Whiteside Rd., Sandston

Tuesdays and Thursdays
11:45 – 12:45 PM
6-week/12 class session

\$35 – member
\$65 – community member

**Contact: Kyle Hitzelberg, Associate
Wellness Coordinator (804) 737-9622**

Richmond

Parkinson's Wellness Recovery Exercise Class **Sheltering Arms – Bon Air Center**

206 Twinridge Rd., Richmond
Tuesdays and Thursdays
11:30 – 12:30 PM

\$48 for 6-week series

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

Richmond Parkinson's Dance Project

Simply Ballroom Dance Studio

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

Wednesdays, 11:00am – 12:00pm
No cost

**Contact: Veronica Braun
(804) 276-3343**

Gentle Yoga Class

First Baptist Church

2709 Monument Ave., Richmond

Mondays, 3:00 PM
Fee is whatever donation you are able to make.

**Contact: Sarah Humphries
(804) 840-4881 or
sarah.humphries@verizon.net**

Singing & Movement Class

Sitter & Barfoot Veterans Care Center

1601 Broad Rock Boulevard, Richmond

Fridays, 11:00 – 12:00 PM
No cost. PADRECC sponsored. Open to all
regardless of veteran status. Please call before
attending first session.

**Contact: Lynn Klanchar
(804) 675-6952**

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: (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: Randi Abell;
randiabell@ymcacva.org**

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
(804) 438-4290**

Virginia Beach

Parkinson Wellness Recovery Exercise Class

Sentara Therapy Center -- Princess Ann

2075 Glenn Mitchell Drive, VA Beach
3rd Floor Conference Rm, Medical Office Building

Mondays and Wednesdays
11:00 – 12:00 PM
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

Mondays and Wednesdays
12:30 – 1:30 PM
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

Fridays
1:00 PM
\$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

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

Contact: (757) 984-9900 (Sentara)

Northern Virginia

Movement Disorders Exercise Resources

Fairfax

Tai Chi for Parkinson's

The Virginian
9229 Arlington Blvd, Fairfax

Mondays
11:00 AM

No cost

Contact: (703) 277-6611

Move BIG!

The Virginian
9229 Arlington Blvd, Fairfax

Tuesdays and Thursdays
11:00 AM

No cost

Contact: (703) 277-6611

Communication Club (speech exercises)

The Virginian
9229 Arlington Blvd, Fairfax

Wednesdays
5:00 PM

No cost

Contact: (703) 277-6611

Fredericksburg/Spotsylvania Rappahannock Area YMCA

Parkinson's Group Training Ron Rosner Family YMCA

5700 Smith Station Road, Fredericksburg

Tuesdays and Thursdays
1:00 – 2:00 PM
Members: Free
Non-members: \$5.00

**Contact: John Massad,
Wellness Director
(540) 735-9622 x 2039**

jmassad@family-ymca.org

Women's Parkinson's Health & Wellness Class

Massad Branch

212 Butler Road, Falmouth

Wednesdays, 2:30-3:30pm
Members: Free
Non-members: \$5.00

Contact: Naomi Murdock
nmurdock@family-ymca.org

Parkinson's Health & Wellness Class

Massad Branch

212 Butler Road, Falmouth

Fridays, 11:45am-1:45pm
Members: Free
Non-members: \$5.00

Contact: Naomi Murdock
nmurdock@family-ymca.org