

## **Parkinson's Disease Exercise Class**

Age Requirements

No Age Requirement

Intake Contact Email

info@ymcarichmond.org

Intake Process

Call your local YMCA for information.

Provider Refer

Yes

Self Refer

Yes

YMCA of Greater Richmond

<http://www.ymcarichmond.org>

<https://www.ymcarichmond.org/manage-my-condition>

<https://www.facebook.com/YMCARichmond>

<https://twitter.com/YMCARichmond>

Main

(804) 644-9622

2 West Franklin Street

23220 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-4:00 pm

Sunday: 11:00 am-4:00 pm

Fee Structure

Fixed Fee

Payment Method(s)

Credit / Debit

,

Private Pay

Languages Spoken

English

YMCA of Greater Richmond offers programs that support individuals in the community that are dealing with a variety of conditions and diseases: arthritis, diabetes, Multiple Sclerosis, and Parkinson's Disease.

Participants in Parkinson's Disease and the Movement Disorder Class will engage in activities to maximize their range of motion, flexibility, coordination, and balance. Exercises are geared to assist with activities of daily living that enhance the quality of life. Participants must be able to walk, preferably unassisted.

There are 17 locations in the Greater Richmond area. Visit [Find a YMCA Location](#) to find a YMCA near you.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Petersburg City

,

Powhatan County

,

Richmond City

Email

[info@ymcarichmond.org](mailto:info@ymcarichmond.org)