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 <u>Find a YMCA Location</u> 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