

## Mid-Atlantic Chapter Wellness Programs

### **Rock Steady Boxing APEX PT**

*We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility, and speed through exercise! At RSB APEX PT, we utilize specialized boxing fitness with Coaches who know the ropes, where you can fight your way out of the corner and start to feel and function better. FIGHT BACK against PD!*

**Location:** Williamsburg, VA 23188- Meeting in-person

**Fee:** Yes

For more information contact Scott Brubaker Jr. at 757-969-5200 or [scott@apexptva.com](mailto:scott@apexptva.com).

Link to website: [Home | APEX Physical Therapy and Movement Center](#)

### **Maryland Association for Parkinson Support (MAPS)**

Mailing address: P.O, Box 450, Brooklandville, MD 21022

President/Executive Director – Judy Friedman

Phone: Office 1: 443-470-0279

Office 2: 443-835-2588

Email: [tuscanybound@comcast.net](mailto:tuscanybound@comcast.net) or [jsfmaps.1@gmail.com](mailto:jsfmaps.1@gmail.com)

For programs and support groups – [www.marylandparkinsonsupport.org](http://www.marylandparkinsonsupport.org)

### **Rock Steady Boxing**

**Location:** Baltimore, MD 21209

**Fee:** No

For more information, contact 443-963-1450 or [inbal@myerberg.org](mailto:inbal@myerberg.org)

Link to Website: [Rock Steady Boxing - The Edward A. Myerberg Center](#)

### **LSVT LOUD for LIFE** *(updated October 2023)*

*Come join us virtually as we continue on the journey of remaining LOUD for life!*

**Location:** Silver Spring, MD 20904 — Meeting online

**Fee:** Yes

For more information, contact Rosalie Bikoti at 240-637-4771 or

[rbikoti@adventisthealthcare.com](mailto:rbikoti@adventisthealthcare.com)

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## **Iona Senior Services**

Location: Washington, DC 20016

For more information, contact [info@iona.org](mailto:info@iona.org)

Link to Website: [Iona | Resources and Support for Aging Adults and Caregivers](#)

## **Rock Steady Boxing MAPS Charm City (updated October 2023)**

*Rock Steady Boxing MAPS @ Charm City offers two levels of boxing fitness classes to people living with PD. We incorporate PWR!Moves in all of our classes. Run by a physical therapist and supported by MAPS this program is free to all of our participants.*

**Location:** Baltimore, MD 21209 – Meeting in-person

**Fee:** No

For more information, contact Patty Wessels at (443) 873-0040 or [charmcity@rsbaffiliate.com](mailto:charmcity@rsbaffiliate.com).

## **Rock Steady Boxing of Delmarva**

*Rock Steady Boxing (RSB) classes are a non-contact fitness regimen geared specifically for individuals with any level of Parkinson's disease. RSB is a proven method that lessens the symptoms of PD. Participants lead a healthier & happier life.*

Location: Dover, DE 19901

Fee: Yes

For more information, contact Nancy Hawkins at 302 698-5201 or [foreverfitfoundation@gmail.com](mailto:foreverfitfoundation@gmail.com)

Link to website: [Home | Forever Fit Foundation](#)

**Dance for PD** (updated October 2023) *Dance for PD is a movement-based class that begins slowly with warm-up movements and progresses to combinations of movements to a variety of uplifting music. The class offers not only physical benefits, but also reduces the dancers' social isolation which is commonly associated with this neurological disease.*

**Location:** Fairfax, VA 22030 – Meeting in-person

**Fee:** No

For more information, contact Shaun B. D'Arcy or Elizabeth Spatz at [sboyleda@gmu.edu](mailto:sboyleda@gmu.edu) or [respatz@gmu.edu](mailto:respatz@gmu.edu)

Link to website: [Dance for PD® | School of Dance](#)

## Mid-Atlantic Chapter Wellness Programs

### **Fun Fridays with Friends!** (updated 3.29.24)

*Join us every Friday for a variety class led by our fantastic exercise instructors Diane and Jackie! As we close out the week, we'll combine all of our modalities, specifically targeting yoga-like stretching, to make this final class of the week a fun and engaging experience! Most importantly, we'll be moving and spending time socializing so it's sure to be an absolute WIN!*

**When:** Fridays at 11:45am

**Location:** Gold's Gym, 8904 W. Broad Street, Richmond, VA 23294

Link to website and register: [https://www.poweroverpd.org/service-page/fun-fridays-with-friends?referral=service\\_list\\_widget](https://www.poweroverpd.org/service-page/fun-fridays-with-friends?referral=service_list_widget)

### **HEAT** (updated 3.29.24)

*Through evidence-based research, we have created the HEAT exercise program that include high intensity modalities to get participants' heart rate up. Through research, it has been found that HIIT stimulates the growth and function of nerves, helping people better manage the symptoms of PD.*

**Dates:** Mondays at 12pm, Wednesdays/Fridays at 10:30am

**Location:** Gold's Gym, 8904 W. Broad Street, Richmond, VA 23294

Link to website and register: [HEAT Program | POP](#)

**Parkinson's Dance Therapy** (updated 3.29.24) *Our classes integrate movement from different styles of dance: modern, theater, ballet, folk, tap, improv, and ballroom to address PD-specific motor concerns like balance, flexibility, and coordination, while also providing a social environment to ease feelings of isolation and depression.*

**When:** Wednesday's at 11:30am

**Location:** Simply Ballroom, 3549 Courthouse Rd, Richmond, VA 23236

Link to website: [Parkinson's Dance Project Classes | POP](#)

### **Power Over Parkinson's: SERVING THOSE WITH PARKINSON'S DISEASE IN CENTRAL VIRGINIA AND BEYOND!** (updated 3.29.24)

*In Person Events: We are pleased to offer periodic in-person educational events. Please visit our events page on our website here to stay abreast of our in-person educational events.*

**Location:** 7201 Glen Forest Drive, Suite 205, Richmond, VA 23226

For more information contact 804-708-2246 or [contact@poweroverpd.org](mailto:contact@poweroverpd.org)

Link to website: [Power Over Parkinson's Disease Foundation](#)

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**PWR! Moves** (updated 3.29.24) *This Parkinson-specific exercise class will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills, you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment!*

**When:** Mondays, Tuesdays, and Thursdays at 10:30am

**Location:** Mondays & Tuesdays: Gold's Gym, 8904 W. Broad Street, Richmond, VA 23294.

Thursdays: Gold's Gym, 9782 Gayton Rd, Henrico, VA 23238

Link to website and register: [PWR! Moves Class | POP](#)

**LiftPD: Community-Based Exercise Classes for Parkinson's Disease (updated October 2023)** *Free small-group exercise classes for all levels in the Parkinson's disease community.*

**Location:** Richmond, VA 23220 – Meeting In-Person

**Fee:** No

For more information, contact Lauran Martyn at [lauran@liftpd.com](mailto:lauran@liftpd.com)

Link to website: [LiftPD | Functional exercise for Parkinson's disease](#)

**Movement for Parkinson's** (updated October 2023) *Movement For Parkinson's is a FREE weekly dance class for people with a diagnosis of Parkinson's Disease (PD) and their significant others.*

**Location:** Charlottesville, VA 22901- Meeting in-person and online (if requested)

**Fee:** Free

For more information contact Kathryn Tokar at 434-973-2555 or [ktokar@charlottesvilleballet.org](mailto:ktokar@charlottesvilleballet.org)

Link to website: [Movement For Parkinson's - Charlottesville Ballet](#)

**Community Health & Resilience in Parkinson's:** Our Occupational Therapist-led group provides strategies for health maintenance, social and emotional support, life skills training, and full-body movement exercises, addressing both the motor and non-motor symptoms of Parkinson's disease. Sessions will include evidence-informed interventions such as Tai Chi, golf, and more!

**When:** Wednesdays | 2:30pm–4:30pm

**Location:** Institute for Well-Being 7400 York Rd. Towson, MD 21204

For more information contact them at Phone: 410-704-7300 or [iwb@towson.edu](mailto:iwb@towson.edu)