



APRIL SPORTS & RECREATION

SPIN SESSION with guest speakers
Monday - Saturday each week
Email HANDCYCLING@PVA.ORG for
times and registration

E-SPORTS MEET UP - Apex Legends!
Led by Travis Greaves Tues/Thurs 7pm
Click to Join our Discord
or Email for Details- TravisG@pva.org

Virtual Nutrition Led by Dr. Audrey Lee
Thurs April 8 @ 2pm
Click to Register

PICKLEBALL WEBINAR- Special guest
speakers Gizmo Hall
Thurs April 22 @ 1pm
Click to Register

AIR RIFLE 106 Led by John Arbino
Thurs April 1, April 8 & April 15 @ 3pm
Click to Register

FLORIDA GULF COAST BOWLING
TOURNAMENT April 21 - 23
Click to Register

PVA FITNESS TRAINING Led by
Jerod Warf
Mon's & Wed's starting March 1 @
12:25pm
Click to Register

ADAPTIVE YOGA Led by Dr. Audrey Lee
Every Monday & Wednesday @ 2pm
EST, Saturdays @ 11am
Click to Register

BOOK CLUB - The Guest List by Lucy Foley
April 1 - May 14 (final discussion)
Click to Register

BOCCIA 104 Led by John Arbino
Thurs April 29 - May 13 @ 3pm
Click to Register

Check out
PVA.ORG/SPORTS
 for more details!

- All times are EST

