



AUGUST 24 - 30 SPORTS & RECREATION

SITSTRONG WORKOUT Led by ADAPT Training
Monday, Wednesday, Friday 1:30pm (coed), 2pm (women) EST
[Click to Register](#)

SPIN SESSION with special guest speaker
Monday - Saturday
Email HANDCYCLING@PVA.ORG for times and registration

ADAPTIVE YOGA Led by Dr. Audrey Lee
Monday, Wednesday, Saturday 11am EST
[Click to Register](#)

BOOK CLUB sign up to read "Shoot Like a Girl"
Meeting Friday Sept 4th 1pm EST
[Click to Register](#)

AIR RIFLE INSTRUCTION Led by John Arbino
Thursday 3pm EST
[Click to Register](#)

NUTRITION CLASS Led by Dr. Audrey Lee
Thursday 3pm EST
[Click to Register](#)

E-SPORTS PRACTICE Led by Travis Greaves
Friday 2pm EST
[Click to Register](#)



**Paralyzed Veterans
of America**

Social Media:
Member Content &
Past events

Check out PVA.ORG/SPORTS for more!