



DECEMBER SPORTS & RECREATION

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

BOOK CLUB sign up to read "81 Days Below Zero" by Brian Murphy
Meeting Friday Jan 22 1pm EST
[Click to Register](#)

FAMILY INCLUSIVE DANCE CLASS Led by - Wheelchair Dancers Org
Thursdays Nov 6, 13, & 20 7:30pm EST
[Click to Register](#) (Classes end Dec 18)

VIRTUAL DANCE IT OUT ADAPTIVE FITNESS Led by - Wheelchair Dancers Org
Fridays Nov 7, 14, & 21 12:30pm EST
[Click to Register](#) (Classes end Dec 18)

ADAPTIVE YOGA Led by Dr. Audrey Lee
Every Monday, Wednesday, Saturday
2pm EST (New time!)
[Click to Register](#)

Virtual Nutrition Led by Dr. Audrey Lee
Thursday Dec 10 2pm EST
[\(Click to Register\)](#)

E-SPORTS MEET UP Led by Travis Greaves - New Game: Apex Legends
Email for Details- TravisG@pva.org

BOCCIA 102 Led by John Arbino
Thursdays Dec 3 - 17 3pm EST



**Paralyzed Veterans
of America**

Check out PVA.ORG/SPORTS for more!