



JULY 6 - 12 SPORTS & RECREATION

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

BOOK CLUB sign up to read "The Art of Racing in the Rain"
Friday July 10th 1pm EST
[Click to Register](#)

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

SIT STRONG CLASS Led by ADAPT instructor
Floor - Monday, Wednesday, & Friday 12:30pm EST
Assisted Chair Based - Monday, Wednesday, & Friday 12:30pm EST
[Click to Register](#)



**Paralyzed Veterans
of America**

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NVWGatHOME announcements