



MARCH 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
[Click to Join our Discord](#)
or [Email for Details- TravisG@pva.org](mailto:TravisG@pva.org)

MEDITATION AND YOGA WEBINAR-
*Special guest speakers Darnell
McDonald and Dr. Audrey Lee*
March 25 @ 1pm - [Click to Register](#)

AIR RIFLE 106 Led by *John Arbino*
Thurs March 18 & 25 @ 3pm
[Click to Register](#)

FL GULF COAST BASS TOURNAMENT
Fri March 26 - Sun March 28
[Click to Register](#)

**WISCONSIN PVA AIR RIFLE & PISTOL
TOURNAMENT**
Sat March 13 - Sun March 14

ADAPTIVE YOGA Led by *Dr. Audrey Lee*
Every Monday & Wednesday @ 2pm
EST, Saturdays @ 11am EST
[Click to Register](#)

Virtual Nutrition Led by *Dr. Audrey Lee*
Thurs March 11 @ 2pm EST
[Click to Register](#)

BOOK CLUB - Firefly Lane by *Kristin
Hannah*
Fri March 19 @ 1pm
[Click to Register](#)

PVA FITNESS TRAINING Led by *Jerod Warf*
Mon's & Wed's starting March 1 @ 12:25pm
[Click to Register](#)

Check out
PVA.ORG/SPORTS
for more details!

- All times are EST

