



SEPT 14 - 20

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
Wednesday, Saturday 11am EST
[Click to Register](#)

BOOK CLUB sign up to read ""Where the Crawdads Sing" by Delia
Owens
Meeting Friday Oct 2 1pm EST
[Click to Register](#)

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

BOCCIA 101 Led by John Arbino
Thursday 2pm EST
[Click to Register](#)



**Paralyzed Veterans
of America**

Social Media:
Member Content &
SitStrong Webinar

Check out PVA.ORG/SPORTS for more!