



SEPT 7 - 13

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](#)

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 &
Scuba Webinar

Check out PVA.ORG/SPORTS for more!