



Adaptive Sports & Fitness Center Updates

Read the July 2024 Newsletter from Shirley Ryan AbilityLab



Mountain Biking in Vermont

In late June, Shirley Ryan AbilityLab sponsored a weekend of extreme adaptive cycling in Killington, Vermont. Bikers traversed a variety of thrilling trail

systems as they maneuvered through the beautiful forest. Thank you to our organizing partners, The Kelly Brush Foundation and Vermont Adaptive Ski and Sport.

Learn More About Adaptive Mountain Biking



Free Stretch Sessions

Our fitness interns will be leading 30 minute free 1-on-1 stretch sessions until August 9. Sessions will be scheduled on a first-come, first-serve basis. Book yours today by visiting the <u>Adaptive</u> Sports & Fitness Center.

Free Mat Yoga
Classes for
Caregivers



Caregivers of current participants can sign up and attend our Mat Yoga class for FREE until September 30. Caregivers can either attend on Mondays or Wednesdays. Sign up at the front desk or call 312.238.5001. Class is at 8:45 am on both Monday and Wednesday at the Adaptive Sports & Fitness Center. Spots are first come first serve!

Learn More about Mat Yoga



Softball Tournament Recap

The Shirley Ryan AbilityLab and Chicago Park District hosted our annual Wheelchair Softball Tournament at

California Park's Cubs Care Field. The team went 3-1 in the event, but more importantly, displayed the sport to the community, had a great turnout of friends and family, and had a good amount of volunteers such as the Honeycomb Project families. If you know of kids or adults who have interest in wheelchair softball please reach out to Sports Coordinator, Pierre Nealon at pnealon@sralab.org.

General Classes for All Ability Levels

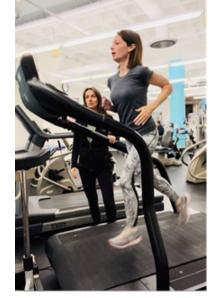
Adaptive Yoga: Seated Level or Mat Level

Adaptive Pilates

Seated Dance

Balance and Stability

Golf Performance



Strength and Bone Resilience

Aquatic Fitness: Group Sessions and One-on-Ones

View all Adaptive Fitness Classes

Read More about Functional Fitness

Read More about TeleFitness

Upcoming Events

- Beyond the Waters Beach Party August 25
- Military Sled Hockey Camp September 5-7
- Military Cycling Camp September 16-18

Look out for our upcoming newsletters for more information about these exciting opportunities.

For additional details about our services, reach out to the Adaptive Sports & Fitness Center at 312.238.5001 or email us at sports@sralab.org. Visit our Adaptive Sports & Fitness Page for more information.

You are receiving this email because you are or have been a member of the Shirley Ryan AbilityLab Fitness Center or Sports Program.

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