



# June 2024 Adaptive Sports & Fitness Center Updates

Read the latest news from Shirley Ryan AbilityLab's Adaptive Sports & Fitness Center

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## Join our New Boxing Class!

We will be starting Boxing class at the Adaptive Sports & Fitness Center on July 11 and meet every Thursday 2-2:45 pm. This will be an 11- week session for \$110.00. This class will be led by Aisling Holt, a four-time Chicago Golden Glove champion in boxing and Tai Chi coach.

**Call us at 312.238.5001 to book your spot today!**

[Learn More](#)

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## Mindfulness & Wellness Workshop

**Date:** June 27, 2024

**Time:** 10-11 am

**Location:** Adaptive Sports & Fitness Center

**Led by:** Hannah Schuster, Certified Exercise Physiologist

Join us for a holistic approach to enhancing your well-being through mindfulness, breathing exercises and stretching practices. Learn, share and develop a personal plan to integrate these beneficial practices into your daily life.

[Learn More](#)



## Sports for Kids Camp Kicks off the Summer Fun

In partnership with the Chicago Park District, the Tengelsen Family Foundation Sports for Kids Camp hosted our annual weeklong youth sports camp with more than 30 kids in attendance. It was one of our largest

camps to date! The camp was action-packed as each day the campers had an opportunity to learn and play two adaptive sports.

[Learn More](#)



## 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

- Handcycle Experience - June 28
- Bike and Paddle Day - July 26
- [Adaptive Yoga for the Visually Impaired](#) - July 27
- 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](mailto:sports@sralab.org). Visit our [Adaptive Sports & Fitness Page](#) for more information.**

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Shirley Ryan AbilityLab Adaptive Sports & Fitness Center  
541 N. Fairbanks Court, Mezzanine  
Chicago, IL 60611  
312.238.5001

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