



## May 2024 Sports & Fitness Updates

The latest news from Shirley Ryan AbilityLab Adaptive Sports & Fitness Center

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### Book Your Discounted Golf Assessment Today!



Summer is just around the corner and the links are calling which means that now is the time to get back in shape, improve your game and reduce your risk of injury on the course with Shirley Ryan AbilityLab's golf performance assessment! Take advantage of our \$100 discount. Only for a limited time!

[Book Your Spot Today](#)

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### Abilities Expo

Shirley Ryan AbilityLab will be taking part in the Abilities Expo in Schaumburg June 21st-23rd. The Abilities expo showcases life-changing products and tech along with many activities such as quad rugby and rock climbing. It is a

great opportunity to connect with others within the community. Come by and visit our

Register for Free Today



## Parkinson's Disease Event

Join us for a unique boxing demo designed specifically for individuals with Parkinson's disease at our fitness center, Led by Aisling Holt, a four-time Chicago Golden Glove Champion in boxing and Tai Chi coach! The event is 45 minutes long, starting at 10:30am on Friday 5/31 at the Adaptive Sports and Fitness Center, 541 N Fairbanks Ct, Mezzanine Level.

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

Read More about Functional Fitness

Read More about TeleFitness

# Upcoming Events

- [PD Boxing](#) - May 31st
- [Judd Goldman Adaptive Sailing Foundation Open House](#) - June 1st
- [Abilities Expo](#) - June 21st -23rd

If you are interested in using any of our services, please contact us at the Fitness Center at (312)-238-5001 or [sports@sralab.org](mailto:sports@sralab.org).

[Click Here For More Info](#)

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