



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 [Adaptive 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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