



## Adaptive Sports & Fitness Center Updates

Read the August 2024 Newsletter from Shirley Ryan AbilityLab

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### SkyRise Chicago is Back

Join us November 3, 2024 for the 16th Annual Skyrise as we climb the Willis Tower together to Advance Human Ability. Climb 105 flights of stairs in person or participate virtually by walking, running, stepping or hand cycling. Your support matters!

Register Now



### Yoga for the Visually Impaired

On July 27, Shirley Ryan AbilityLab's Sports & Fitness Center hosted a Yoga event for the visually impaired in collaboration with Chicago Lighthouse. The event was held at The Space Between Yoga studio and was a wonderful experience for all who participated. We look forward to hosting future events similar to this and expanding our community!

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## Denise's Story: Slowing PD Through Exercise

Ever since Denise was diagnosed with Parkinson's disease, she yearned to stay active and involved with her family. She came to Shirley Ryan AbilityLab to learn how to proactively manage and delay the progression. She also participates in the Proactive Parkinson's disease exercise program two days a week. "It's both exercise and education. They've created a lifestyle for me that gives me hope."

[Read the Full Story](#)



## Paralympic Games Begin August 28

The Paris 2024 Paralympic Games will take place from August 28 to September 8, featuring as many as 4,400 athletes from around the world. They will compete in 22 sports across iconic venues in Paris, including the Eiffel Tower, the Chateau de Versailles and the Grand Palais. Be sure to be on the lookout for Shirley Ryan AbilityLab's very own Emily Oberst and Ixhelt Gonzalez representing Team USA Wheelchair Basketball.

## 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](#)

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## Upcoming Events

- [Sled Hockey Season Practice Begins](#) - September 4
- [Rugby Season Practice Begins](#) - September 4
- [Handcycle Experience w/ United Spinal Association](#) - September 20
- [Bear Brawl Rugby Tournament](#) - September 28-29

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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