



Adaptive Sports & Fitness Center Updates

Read the September 2024 Newsletter from Shirley Ryan AbilityLab



Parkinson's Fitness Class Coming to Northern Suburbs

Shirley Ryan AbilityLab Sports & Fitness Center is happy to announce the expansion of our Parkinson's Disease Program to Shirley Ryan AbilityLab Glenview DayRehab Center. Starting November 4, we will offer a group class that will meet every Monday from 4:00-4:45pm. The class will focus on:

- Strength training
- Big and loud movement exercises
- Gait and coordination training
- Cardiovascular conditioning
- Symptom-specific exercises to meet your individual needs.

Do you live in the western suburbs? We also offer a Parkinson's Disease Program located at Shirley Ryan AbilityLab Burr Ridge Day RehabCenter. Contact Aleks Gebaska at 312.238.5003 to sign up.

[Learn more](#)

Multiple Sclerosis Support Group



The Shirley Ryan AbilityLab Support Group meets on the third Wednesday of the month. The group has a speaker each month on topics relevant to the MS population including physicians, rehabilitation professionals and mental health professionals. Group members share information and daily living advice with each other. Everyone is welcome to attend. Please contact Roberta Winter at rwinter@sralab.org to be placed on the distribution

list for the monthly meeting notices.

[Learn more](#)



Golf Assessment Flash Sale

Fall golf is upon us. This means that now is the perfect time to assess your swing, stay in shape and reduce your risk of injury. Shirley Ryan AbilityLab's

golf performance assessment is now on sale for \$250! Call the [Adaptive Sports & Fitness Center](#) at 312.238.5001 to book your spot before September 30. Discount only valid for a limited time.

[Learn more](#)



Sign Up for SkyRise Chicago

Join us November 3, 2024 for the 16th Annual [Skyrise Chicago](#) as we climb the Willis Tower together to Advance Human Ability™. Climb 105 flights of stairs in person, handcycle the equivalent distance or participate virtually. Your support matters!

[Register Now](#)



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

- [Bear Brawl Rugby Tournament](#) - September 28-29
- [Parkinson's Moving Day](#) - October 5
- [Skyrise Chicago](#) - November 3

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.

Shirley Ryan AbilityLab Adaptive Sports & Fitness Center
541 N. Fairbanks Court, Mezzanine

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