### June 2017

**Walter Reed Military Medical Center - MASP On-Site Coordinator:**

Bryce Doody | 207.355.1201

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>Run/Walk</td>
<td>TRX Circuit</td>
<td>Run / Walk</td>
<td>TRX Circuit</td>
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<tr>
<td>TRX</td>
<td>Core / Lower Back Pain</td>
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<td>Core / Lower Back Pain</td>
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<td>Aquatic Therapy</td>
<td>Home Exercise Program</td>
<td>Aquatic Therapy</td>
<td>Soldier Fit</td>
<td>Hike</td>
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<tr>
<td>Combatives / Ju Jitsu</td>
<td>Air Rifle - Fort Belvoir</td>
<td>Gentle Yoga</td>
<td>Home Exercise Program</td>
<td>Sitting Volleyball</td>
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<tr>
<td>Home Exercise Program</td>
<td>Cycling</td>
<td>Archery - Fort Belvoir</td>
<td>Wheelchair Basketball</td>
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<tr>
<td>Wheelchair Basketball</td>
<td>Kayaking</td>
<td>Adaptive Strength Training Clinic</td>
<td>Cycling</td>
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<tr>
<td>Cycling</td>
<td>Warrior Yoga</td>
<td>Kayaking / Kayak Football</td>
<td>Horses for Heroes (By Appt)</td>
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<td>Goal Setting - Phase 1</td>
<td>CSF 2</td>
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</tbody>
</table>

**Combinatorial List**

- Run/Walk
- TRX Circuit
- Core / Lower Back Pain
- TRX
- Aquatic Therapy
- Home Exercise Program
- Combatives / Ju Jitsu
- Air Rifle - Fort Belvoir
- Gentle Yoga
- Home Exercise Program
- Cycling
- Wheelchair Basketball
- Kayaking
- Adaptive Strength Training Clinic
- Go Paperless
- Improve Sleep
- Warrior Yoga
- Kayaking / Kayak Football
- Cycling
- Movie
- Education (Room 310B)
- Goal Setting - Phase 1
- Monuments & Mobility (By Appt)

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- Kayaking
- Adaptive Strength Training Clinic
- Go Paperless
- Improve Sleep
- Warrior Yoga
- Kayaking / Kayak Football
- Cycling
- Movie
- AWCTS Updates
- Goal Setting - Phase 1
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