

July 2017

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

Bryce Doody | 207-355-1201

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|--|--|--|----------|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | DONSA | Independence Day | Wheelchair Basketball Gentle Yoga Archery - Fort Belvoir Warrior Yoga Cycling Walk or Agility TRX Aquatic Therapy CSF2 - appt only | Wheelchair Basketball Cycling Kayaking / Kayak Football TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting Soldier Fit CSF2 - appt only | Sitting Volleyball Wheelchair Basketball Gentle Yoga Cycling Mock APFT TRX Self Care CSF2 - appt only Horses Help Heroes | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Monuments & Mobility (appt) Wheelchair Basketball Gentle Yoga Cycling Jiu-Jitsu / Combatives Cycling Walk or Agility TRX Aquatic Therapy Home Exercise Program Goal Setting Phase 1 | | Air Rifle - Fort Belvoir Cycling Kayaking TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting AWCTS | Wheelchair Basketball Gentle Yoga Archery - Fort Belvoir Warrior Yoga Cycling Walk or Agility TRX Aquatic Therapy | Movie Wheelchair Basketball Cycling Kayaking / Kayak Football TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting Soldier Fit Go Paperless Sleep | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Memory Group Wheelchair Basketball Gentle Yoga Cycling Jiu-Jitsu / Combatives Cycling Walk or Agility TRX Aquatic Therapy Home Exercise Program Goal Setting Phase 1 | | Air Rifle - Fort Belvoir Cycling Kayaking TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting AWCTS Memory Group | Wheelchair Basketball Gentle Yoga Archery - Fort Belvoir Warrior Yoga Cycling Walk or Agility TRX Aquatic Therapy | Wheelchair Basketball Cycling Kayaking / Kayak Football TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting Soldier Fit Education Group | Sitting Volleyball Wheelchair Basketball Gentle Yoga Cycling Run/Walk TRX Self Care Horses Help Heroes | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Monuments & Mobility (appt) Wheelchair Basketball Gentle Yoga Cycling Jiu-Jitsu / Combatives Cycling Walk or Agility TRX Aquatic Therapy Home Exercise Program Goal Setting Phase 1 | | Air Rifle - Fort Belvoir Cycling Kayaking TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting AWCTS | Wheelchair Basketball Gentle Yoga Archery - Fort Belvoir Warrior Yoga Cycling Walk or Agility TRX Aquatic Therapy | Movie Wheelchair Basketball Cycling Kayaking / Kayak Football TRX Circuit Core / Lower Back Pain P90X Yoga Seated Weightlifting Soldier Fit Go Paperless Sleep | Sitting Volleyball Wheelchair Basketball Gentle Yoga Cycling Hike/Ruck TRX Games & Socializing | |
| 30 | 31 | | | | | |
| Wheelchair Basketball Gentle Yoga Cycling Jiu-Jitsu / Combatives Cycling Walk or Agility TRX Aquatic Therapy Home Exercise Program Goal Setting Phase 1 | | | | | | |