



WALTER REED

NATIONAL MILITARY MEDICAL CENTER

NOVEMBER 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--------|---------|-----------|----------|--------|---------|
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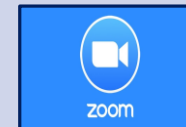
Confirm location with one of us

Patrick Johnson - MASP Site Coordinator
johnsonp2@MagellanFederal.com 301-275-0711

Rachel Jordan - Marine WAR-P Manager
rachel.v.jordan.naf@mail.mil 443-902-7562

Jenn Trantin - Army WTB Coordinator
jennifer.r.trantin.ctr@mail.mil 301-442-2123

Philip Rackham - Navy Service Lead
philip.t.rackham.ctr@mail.mil 910-587-0224



Virtual Link

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|---|--|---|--|---|--|
| <p>1</p> TENNIS 1130-1330 ET Darnestown, MD VIRTUAL INDOOR CYCLE 1600-1700 ET | <p>2</p> AIR RIFLE 0900-1030 ET Centerville, VA ROWFIT 1300-1400 ET Ft. Belvoir | <p>3</p> ARCHERY 0900 ET, Centerville, VA STRENGTH TRAINING 1100 ET, Rockville, MD CORNHOLE 1200 ET, Walter Reed WARRIOR YOGA 1300 ET, Walter Reed ROWFIT 1400 ET, Walter Reed OUTDOOR CYCLE 1400 ET, Walter Reed | <p>4</p> EQUINE THERAPY 1100 ET Clifton, VA | <p>5</p> HIKING Time & Location TBD | <p>6/7</p> OPEN GYM Adaptation Athletics SUNDAY, 1600-1800 ET Arlington, VA |
| <p>8</p> TENNIS 1130-1330 ET Darnestown, MD VIRTUAL INDOOR CYCLE 1600-1700 ET | <p>9</p> AIR RIFLE 0900-1030 ET Centerville, VA ROWFIT 1300-1400 ET Ft. Belvoir | <p>10</p> ARCHERY 0900 ET, Centerville, VA CORNHOLE 1200 ET, Walter Reed WARRIOR YOGA 1300 ET, Walter Reed ROWFIT 1400 ET, Walter Reed OUTDOOR CYCLE 1400 ET, Walter Reed | <p>11</p> | <p>12</p> ADAPTIVE TRACK & FIELD CLINIC 0830-1530 FRI, SAT & SUN Ft. Belvoir HIKING Time & Location TBD | <p>13/14</p> OPEN GYM Adaptation Athletics SUNDAY, 1600-1800 ET Arlington, VA |
| <p>15</p> TENNIS 1130-1330 ET Darnestown, MD VIRTUAL INDOOR CYCLE 1600-1700 ET | <p>16</p> AIR RIFLE 0900-1030 ET Centerville, VA ROWFIT 1300-1400 ET Ft. Belvoir | <p>17</p> ARCHERY 0900 ET, Centerville, VA STRENGTH TRAINING 1100 ET, Rockville, MD CORNHOLE 1200 ET, Walter Reed WARRIOR YOGA 1300 ET, Walter Reed ROWFIT 1400 ET, Walter Reed OUTDOOR CYCLE 1400 ET, Walter Reed | <p>18</p> EQUINE THERAPY 1100 ET Clifton, VA | <p>19</p> HIKING Time & Location TBD | <p>20/21</p> OPEN GYM Adaptation Athletics SUNDAY, 1600-1800 ET Arlington, VA |
| <p>22/29</p> TENNIS 1130-1330 ET Darnestown, MD VIRTUAL INDOOR CYCLE 1600-1700 ET | <p>23/30</p> AIR RIFLE 0900-1030 ET Centerville, VA ROWFIT 1300-1400 ET Ft. Belvoir | <p>24</p> ARCHERY 0900 ET, Centerville, VA CORNHOLE 1200 ET, Walter Reed WARRIOR YOGA 1300 ET, Walter Reed ROWFIT 1400 ET, Walter Reed OUTDOOR CYCLE 1400 ET, Walter Reed | <p>25</p> | <p>26</p> | <p>27/28</p> OPEN GYM Adaptation Athletics SUNDAY, 1600-1800 ET Arlington, VA |