



# WALTER REED

## NATIONAL MILITARY MEDICAL CENTER

### OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
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**FOR SIGN-UPS, LOCATIONS OR DETAILS PLEASE CONTACT THE ABOVE STAFF**

ALL ACTIVITIES ARE IN PERSON WITH VIRTUAL OPTION FOR THOSE WITH THE STAR.

ZOOM LINK FOR ALL MASP VIRTUAL

**CLICK ON ANY ICON FOR ADDRESS OR LINK TO ACTIVITY**

<p><b>4</b></p> <p> <b>TENNIS</b> 1130-1330 ET</p> <p> <b>INDOOR CYCLE</b> 1300PT/1500CT/1600ET</p>	<p><b>5</b></p> <p> <b>AIR RIFLE</b> 0900-1030 ET</p> <p> <b>ROWING</b> 1030-1200 ET</p> <p> <b>BOXING</b> ★ 1030PT/1230CT/1330ET</p> <p> <b>GAME BREAK</b> ★ 1200PT/1400CT/1500ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>6</b></p> <p> <b>POWERLIFTING</b> 1100-1230 ET</p> <p> <b>FISHING CLINIC</b> 1100-1400 ET</p> <p> <b>WARRIOR YOGA</b> 1300 ET</p> <p> <b>ROWFIT</b> ★ 1100PT/1300CT/1400ET</p> <p> <b>OUTDOOR CYCLE</b> 1400 ET</p>	<p><b>7</b></p> <p> <b>ROWING</b> 1100-1300 ET</p> <p> <b>EQUINE THERAPY</b> 1100-1230 ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>8</b></p> <p> <b>GAME BREAK</b> ★ 1200PT/1400CT/1500ET</p>	<p><b>9/10</b></p> <p> <b>TEAM RIVER RUNNER</b> <b>SUNDAY FAMILY PADDLE</b> <b>RILEY'S LOCK</b> 1400 – 1700 ET</p>
<p><b>11</b></p> <p> <b>TENNIS</b> 1130-1330 ET</p> <p> <b>INDOOR CYCLE</b> 1300PT/1500CT/1600ET</p>	<p><b>12</b></p> <p> <b>AIR RIFLE</b> 0900-1030 ET</p> <p> <b>ROWING</b> 1030-1200 ET</p> <p> <b>BOXING</b> 1030PT/1230CT/1330ET</p> <p> <b>GAME BREAK</b> 1200PT/1400CT/1500ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>13</b></p> <p> <b>CORN HOLE</b> 1200 ET</p> <p> <b>WARRIOR YOGA</b> 1300 ET</p> <p> <b>ROWFIT</b> ★ 1100PT/1300CT/1400ET</p> <p> <b>OUTDOOR CYCLE</b> 1400 ET</p> <p> <b>FISHING CLINIC</b> 1800-2100 ET</p>	<p><b>14</b></p> <p> <b>ROWING</b> 1100-1300 ET</p> <p> <b>EQUINE THERAPY</b> 1100-1230 ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>15</b></p> <p> <b>HIKING</b> <b>TURKEY RUN PARK</b> 1030-1330 ET</p> <p> <b>GAME BREAK</b> ★ 1200PT/1400CT/1500ET</p>	<p><b>16/17</b></p> <p> <b>TEAM RIVER RUNNER</b> <b>SUNDAY FAMILY PADDLE</b> <b>RILEY'S LOCK</b> 1400 – 1700 ET</p>
<p><b>18</b></p> <p> <b>TENNIS</b> 1130-1330 ET</p> <p> <b>INDOOR CYCLE</b> 1300PT/1500CT/1600ET</p>	<p><b>19</b></p> <p> <b>AIR RIFLE</b> 0900-1030 ET</p> <p> <b>ROWING</b> 1030-1200 ET</p> <p> <b>BOXING</b> 1030PT/1230CT/1330ET</p> <p> <b>GAME BREAK</b> 1200PT/1400CT/1500ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>20</b></p> <p> <b>POWERLIFTING</b> 1100-1230 ET</p> <p> <b>WARRIOR YOGA</b> 1300 ET</p> <p> <b>ROWFIT</b> ★ 1100PT/1300CT/1400ET</p> <p> <b>OUTDOOR CYCLE</b> 1400 ET</p>	<p><b>21</b></p> <p> <b>ROWING</b> 1100-1300 ET</p> <p> <b>EQUINE THERAPY</b> 1100-1230 ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>22</b></p> <p> <b>HIKING</b> <b>LOCATION: TBD</b> 0930-1400 ET</p> <p> <b>GAME BREAK</b> ★ 1200PT/1400CT/1500ET</p>	<p><b>23/24</b></p> <p> <b>TEAM RIVER RUNNER</b> <b>SUNDAY FAMILY PADDLE</b> <b>RILEY'S LOCK</b> 1400 – 1700 ET</p>
<p><b>25</b></p> <p> <b>TENNIS</b> 1130-1330 ET</p> <p> <b>INDOOR CYCLE</b> 1300PT/1500CT/1600ET</p>	<p><b>26</b></p> <p> <b>AIR RIFLE</b> 0900-1030 ET</p> <p> <b>ROWING</b> 1030-1200 ET</p> <p> <b>BOXING</b> 1030PT/1230CT/1330ET</p> <p> <b>GAME BREAK</b> 1200PT/1400CT/1500ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>27</b></p> <p> <b>CORN HOLE</b> 1200 ET</p> <p> <b>WARRIOR YOGA</b> 1300 ET</p> <p> <b>ROWFIT</b> ★ 1100PT/1300CT/1400ET</p> <p> <b>OUTDOOR CYCLE</b> 1400 ET</p>	<p><b>28</b></p> <p> <b>"HIGH ROPES" AERIAL COURSE</b> 1030-1330 ET</p> <p> <b>ROWING</b> 1100-1300 ET</p> <p> <b>EQUINE THERAPY</b> 1100-1230 ET</p> <p> <b>SUNSET ROW</b> 1800 ET</p>	<p><b>29</b></p> <p> <b>HIKING</b> <b>GREENBRIAR STATE PARK</b> 0930-1330 ET</p> <p> <b>GAME BREAK</b> 1200PT/1400CT/1500ET</p>	<p><b>30/31</b></p> <p> <b>TEAM RIVER RUNNER</b> <b>SUNDAY FAMILY PADDLE</b> <b>RILEY'S LOCK</b> 1400 – 1700 ET</p>