



WALTER REED

NATIONAL MILITARY MEDICAL CENTER

SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Location:</p> <ul style="list-style-type: none"> W DC Metro Area D San Diego, CA S San Antonio, TX ★ Virtual <p>CLICK ON ANY ICON FOR ADDRESS OR LINK TO ACTIVITY</p>	<p>CLICK ICON ABOVE ZOOM LINK FOR ALL MASP VIRTUAL SESSIONS</p>	<p>1</p> <p>W HIIT 1100-1230 ET</p> <p>W WARRIOR YOGA 1300 ET</p> <p>W ★ ROWFIT 1100PT/1300CT/1400ET</p> <p>W OUTDOOR CYCLE 1400 ET</p>	<p>2</p> <p>W ROWING 1100-1300 ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>3</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p>	<p>4/5</p> <p>TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEY'S LOCK 1400 – 1700 ET</p> <p>W</p>
<p>6</p> <p>HAPPY LABOR DAY</p>	<p>7</p> <p>W ROWING 1030-1200 ET</p> <p>W ★ BOXING 1030PT/1230CT/1330ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>8</p> <p>W POWERLIFTING 1100-1230 ET</p> <p>W WARRIOR YOGA 1300 ET</p> <p>W ★ ROWFIT 1100PT/1300CT/1400ET</p> <p>W OUTDOOR CYCLE 1400 ET</p>	<p>9</p> <p>W ROWING 1100-1300 ET</p> <p>W EQUINE THERAPY 1100-1230 ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>10</p> <p>W SUP/KAYAK 1000-1200 ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p>	<p>11/12</p> <p>TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEY'S LOCK 1400 – 1700 ET</p> <p>W</p>
<p>13</p> <p>W TENNIS 1130-1330 ET</p> <p>W ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>14</p> <p>W ROWING 1030-1200 ET</p> <p>W ★ BOXING 1030PT/1230CT/1330ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>15</p> <p>W HIIT 1100-1230 ET</p> <p>W WARRIOR YOGA 1300 ET</p> <p>W ★ ROWFIT 1100PT/1300CT/1400ET</p> <p>W OUTDOOR CYCLE 1400 ET</p>	<p>16</p> <p>W ROWING 1100-1300 ET</p> <p>W EQUINE THERAPY 1100-1230 ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>17</p> <p>W SUP/KAYAK 1000-1200 ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p>	<p>18/19</p> <p>TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEY'S LOCK 1400 – 1700 ET</p> <p>W</p>
<p>20</p> <p>W TENNIS 1130-1330 ET</p> <p>W ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>21</p> <p>W ROWING 1030-1200 ET</p> <p>W ★ BOXING 1030PT/1230CT/1330ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>22</p> <p>W POWERLIFTING 1100-1230 ET</p> <p>W WARRIOR YOGA 1300 ET</p> <p>W ★ ROWFIT 1100PT/1300CT/1400ET</p> <p>W OUTDOOR CYCLE 1400 ET</p>	<p>23</p> <p>W ROWING 1100-1300 ET</p> <p>W EQUINE THERAPY 1100-1230 ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>24</p> <p>W WHITE WATER RAFTING 0900-1400 ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p>	<p>25/26</p> <p>TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEY'S LOCK 1400 – 1700 ET</p> <p>W</p>
<p>27</p> <p>W TENNIS 1130-1330 ET</p> <p>W ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>28</p> <p>W ROWING 1030-1200 ET</p> <p>W ★ BOXING 1030PT/1230CT/1330ET</p> <p>W ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>29</p> <p>W HIIT 1100-1230 ET</p> <p>W WARRIOR YOGA 1300 ET</p> <p>W ★ ROWFIT 1100PT/1300CT/1400ET</p> <p>W OUTDOOR CYCLE 1400 ET</p>	<p>30</p> <p>W ROWING 1100-1300 ET</p> <p>W EQUINE THERAPY 1100-1230 ET</p> <p>W SUNSET ROW 1800 ET</p>	<p>Patrick Johnson - MASP Site Coordinator 703-408-5195 johnsonp2@MagellanFederal.com</p> <p>Philip Rackham - Navy Service Lead rackhamp@MagellanFederal.com</p> <p>Jenn Trantin - Army WTB Coordinator 301-442-2123 jennifer.r.trantin.ctr@mail.mil</p> <p>Rachel Jordan - Marine WAR-P Coordinator 301-275-0711 rachel.v.jordan.naf@mail.mil</p>	