



VIRTUAL WELLNESS

WEEK OF 9/14 – 9/20

MONDAY:

“JUMP START”
CORE & ABS
(1200est/0900pst)
[TEAMS LINK](#)



MONDAY:

“ROWFIT”
INDOOR ROWING
(1300est/1000pst)
[TEAMS LINK](#)



WEDNESDAY:

“WARRIOR ARCHERY”
PRACTICE
(1100est/0800pst)
[ARCHERY LINK](#)



THURSDAY:

“CARDIO BLAST”
(1200est/0900pst)
(TEXAS REGIONAL PARA
SPORT FACEBOOK PAGE)



FRIDAY:

“VIRTUAL ART”
TUTORIALS
(always open)
[ART CHANNEL LINK](#)



MONDAY:

“FUNCTIONAL FITNESS”
(1200est/0900pst)
(TEXAS REGIONAL PARA
SPORT FACEBOOK PAGE)



TUESDAY:

“GAME BREAK”
(SCATTERGORIES)
(1500est/1200pst)
[TEAMS LINK](#)



WEDNESDAY:

HUMPDAY RECOVERY-
MEDITATION
(1500est/1200pst)
[MEDITATION LINK](#)



FRIDAY:

“INDOOR CYCLE”
GROUP RIDE
(1530est/1230pst)
[TEAMS LINK](#)



VIRTUAL CLINIC OF THE WEEK:

Cooking Champion Clinic

presented by The Workshop “Cooking With Passion”
Chef and “military mom” Michelle Renee Allen
Tue, Wed & Thu 9/15-17
1300edt/1000pdt

[COOKING CLINIC LINK ON TEAMS](#)

No matter what your skill level is Chef Michelle will take you step by step in preparing a new recipe each day with the option for vegan and meat eaters! No longer will you need to have separate dinners for your varied household palates but instead simply use separate pans and substitute a few ingredients for a unified table. You can either prepare the meal along with Michelle or observe and interact if you choose. Wednesday will be special “kids meal” where Michelle will be joined by her daughter to show you how to make meal prep a fun bonding activity for the entire household. little one steals the show... 😊



keto shrimp scampi
TUESDAY



lollipop hand pies
WEDNESDAY



vegan zuppa toscana
THURSDAY

GOLF CLINIC (Onsite in San Antonio -SAMMC)

Tue, Wed & Thu 9/15-17 *contact Brad to register



It a beautiful time of the year to get out and get some fresh air in a “social distancing friendly” 3 days on the greens...FORE!

MASP Site Coordinators

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