












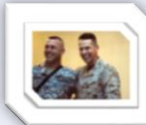



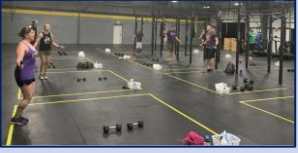













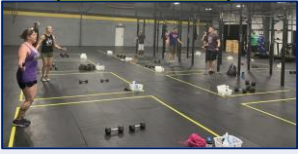









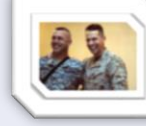










WALTER REED

NATIONAL MILITARY MEDICAL CENTER

JANUARY 2021



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|--|
| <div style="border: 2px solid red; padding: 5px; background-color: red; color: white; width: fit-content; margin: 0 auto;"> CLICK ON PICTURES TO LINK TO ACTIVITY </div> | | | | | <p>1</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>  <p>"BRO & SIS" HANG END OF THE WEEK CHAT 1500 ET</p> |
| <p>OPEN GYM 3 (VETERANS ONLY)</p>  <p>ADAPTATION ATHLETICS 4111 S FOUR MILE RUN DR ARLINGTON, VA 22206 1430-1730 ET</p> | <p>4</p>  <p>"JUMP START" CORE & ABS 1200 ET</p>  <p>"ROWFIT" INDOOR ROWING 1300 ET</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1500 ET</p> | <p>5</p>  <p>"FLEXIBLE STRENGTH" MOBILITY & SPORTS STRETCH 1400 ET</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p> | <p>6</p>  <p>"ROWFIT" INDOOR ROWING 1200 ET</p>  <p>"FLEXIBLE STRENGTH" MOBILITY & SPORTS STRETCH 1300 ET</p>  <p>YOGA (EMAIL FOR ZOOM LINK) 1300 ET</p> | <p>7</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1200 ET</p>  <p>"ROWFIT" INDOOR ROWING 1500 ET</p> | <p>8</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>  <p>"BRO & SIS" HANG END OF THE WEEK CHAT 1500 ET</p> |
| <p>OPEN GYM 10 (VETERANS ONLY)</p>  <p>ADAPTATION ATHLETICS 4111 S FOUR MILE RUN DR ARLINGTON, VA 22206 1430-1730 ET</p> | <p>11</p>  <p>"JUMP START" CORE & ABS 1200 ET</p>  <p>"ROWFIT" INDOOR ROWING 1300 ET</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1500 ET</p> | <p>12</p>  <p>"FLEXIBLE STRENGTH" MOBILITY & SPORTS STRETCH 1400 ET</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p> | <p>13</p>  <p>"ROWFIT" INDOOR ROWING 1200 ET</p>  <p>"FLEXIBLE STRENGTH" MOBILITY & SPORTS STRETCH 1300 ET</p>  <p>YOGA (EMAIL FOR ZOOM LINK) 1300 ET</p>  <p>MEDITATION (FACEBOOK LIVE) 1500 ET</p> | <p>14</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1200 ET</p>  <p>"ROWFIT" INDOOR ROWING 1500 ET</p> | <p>15</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>  <p>"BRO & SIS" HANG END OF THE WEEK CHAT 1500 ET</p> |
| <p>OPEN GYM 17 (VETERANS ONLY)</p>  <p>ADAPTATION ATHLETICS 4111 S FOUR MILE RUN DR ARLINGTON, VA 22206 1430-1730 ET</p> | <p>18</p>  <p>"JUMP START" CORE & ABS 1200 ET</p>  <p>"ROWFIT" INDOOR ROWING 1300 ET</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1500 ET</p> | <p>19</p>  <p>"FLEXIBLE STRENGTH" MOBILITY & SPORTS STRETCH 1400 ET</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1500 ET</p> | <p>20</p>  <p>"ROWFIT" INDOOR ROWING 1200 ET</p>  <p>"FLEXIBLE STRENGTH" MOBILITY & SPORTS STRETCH 1300 ET</p>  <p>YOGA (EMAIL FOR ZOOM LINK) 1300 ET</p>  <p>MEDITATION (FACEBOOK LIVE) 1500 ET</p> | <p>21</p>  <p>"GAME BREAK" TRIVIA & HANG OUT 1200 ET</p>  <p>"ROWFIT" INDOOR ROWING 1500 ET</p> | <p>22</p>  <p>"WARRIOR RIDE" INDOOR CYCLE 1200 ET</p>  <p>"BRO & SIS" HANG END OF THE WEEK CHAT 1500 ET</p> |
| <p>OPEN GYM 24/31 (VETERANS ONLY)</p>  <p>ADAPTATION ATHLETICS 4111 S FOUR MILE RUN DR ARLINGTON, VA 22206 1430-1730 ET</p> | <p>SPORTS STRETCH & MOBILITY CLINIC 1/11 & 12 (24/7 -VIRTUAL) EMAIL TO RECEIVE THE LINKS TO TRAINING VIDEOS W/COACH FEEDBACK AND INDIVIDUAL INSTRUCTION.</p> <div style="display: flex; align-items: center;">  <div> <p>Coach: William Thompson DYNAMIC FITNESS CONDITIONING</p> </div>  </div> | | <p>INDOOR ROCK CLIMBING CLINIC 1/13-14 (VIRTUAL) & 1/15 (ONSITE) EMAIL TO RESERVE A SPOT...LIMITED ENROLLMENT</p> <div style="display: flex; align-items: center;">  <div> <p>Coach: Olivia Murphy CALLEVA OUTDOORS Poolsville, MD www.Calleva.org</p> </div> </div> | | <p>Online Art Tutorials</p>  <p>CLICK PICTURE TO GO TO THE YOUTUBE CHANNEL 24 hours/7 days</p> |

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