



**Find  
your  
strength.**

# Spaulding Adaptive Sports Centers

*Spring-Summer 2021*

## In-Person Programming

### North Shore

Target Sports (April-May)  
Cycling (Starting May 19)

Tennis  
Archery  
Kayaking (July/August)

### Cape Cod

April/May

Mountain Biking (May)

Starting May 19th

Cycling  
Mountain Biking  
Yard Games  
Kayaking (July/August)

### Boston

Indoor Spin (Through April 22)  
Rock Climbing (May 15th)

Cycling  
Kayaking (July/August)  
Sled Hockey (July/August)

All in-person programs will continue to follow the SASC COVID-19 protocols including mask-wearing and social distancing. Please go to our website for further details.

## Virtual Programming

### Fitness Programs

Inclusive Fitness Training  
Upper Body Pump  
Total Body Pump  
Core & Stretch  
30- min Fitness  
Cardio Conditioning Class  
Adaptive Boxing  
Resistance Band Training

### Yoga Programs

Chair Yoga  
McGraw Yoga  
Weingarten Yoga  
Movement and Meditation

### Specialty Programs

\*\*Golf Conditioning  
Exercise for Stroke and TBI  
Found Sound  
PWR! Moves for Parkinson's  
Dance with Parkinson's  
ExpD Fitness



**SPAULDING**  
ADAPTIVE SPORTS CENTERS

For more information or to register, please call  
877-976-7272 or visit: <https://sasc.spauldingrehab.org>

