



## January 2024 Sports & Fitness Updates

The latest news from Shirley Ryan AbilityLab Adaptive Sports & Fitness Center

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### Free Physical Function Assessments and New Class Starting February!

As we gear up for the Free Physical Function Assessment in February, we want to pose a question: Have you noticed that everyday activities such as carrying groceries, crossing the street, pushing revolving doors, climbing stairs, recovering your balance quickly or getting on and off the floor are becoming challenging? We're here to help.

**FREE Physical Function Assessment** will be offered in February, and will include a series of tasks designed to evaluate various aspects of your physical function such as ability to lift and carry objects safely, transfer on and off the floor with or without help, throw, push, pull. By participating in the Free Physical Function Assessment, you'll gain insights into areas that may need attention. The Progressive Resistance Training class will then focus on those specific aspects, ensuring a personalized and effective training experience.

We're offering you a sneak peek into what awaits you during your upcoming FREE Physical Function Assessment:





To schedule your free assessment please contact us at 312-238-5001. See below for more details on our Strength and Bone Resilience Class.

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## Special Cycling Event

Join us at the Adaptive Sports and Fitness Center on Saturday February 24th from 1:00-2:00pm for a special cycling event dedicated to raising awareness and finding a cure for Parkinson's disease. This inclusive indoor cycling class for people with Parkinson's disease of all abilities, featuring trikes, upright bikes, and hand cycle is part of the main Parkinson's Foundation Revolution event happening nationwide!

Don't miss our collaborative event with Shirley Ryan Ability Lab Adaptive Sports and Fitness Center and Parkinson's Foundation, and let's unite for awareness and a cure!

For more information contact Aleks Gebaska at [agebska@sralab.org](mailto:agebska@sralab.org).



## Wirtz Cup

In an annual tradition, SRAlab hosts this year's Midwest Sled Hockey League (MWSHL) Championship, also known as the Wirtz Cup, on March 8–10!

### **We're Looking for Spectators & Volunteers**

The tournament will take place at the Fifth Third Arena — the Chicago Blackhawks' practice facility — located at 1801 W. Jackson Blvd., Chicago.

If you're interested in catching the action, attendance is free.

## New Strength and Bone Resilience Class Inside Look

This fun, engaging and motivating small group training ( up to 8 people) will include the following exercises:

1. Slamming and Throwing - Engage in dynamic exercises like ball slams to boost your power and coordination.
2. Carrying - Develop functional strength for activities such as carrying groceries, children, and grandchildren by incorporating safe object-carrying exercises into your routine.
3. Maintain Speed and Power- Learn exercises that will help you maintain speed and power as you age, promoting functional fitness.
4. Learn exercises that will help you Get On and Off the Floor Easily- Master techniques that make getting on and off the floor easier, enhancing your everyday mobility.
5. Explore and learn a proper use of Upper and Lower Body Strengthening Machines



**When:** Starting February 26th, Mondays and Wednesdays at 11:45-12:30pm

**Where:** 541 N Fairbanks Ct, Mezz Level

**COST:** 11-week session 22 classes \$220.00 (22 classes , or \$15.00 drop in fee)

**Requirements:** Participants must be ambulatory ( able to walk with or without assistive devices, and able to transfer on and off the floor with or without assistance e.g. chair)

## Second Adaptive Sports Ski Trip to Crested Butte

In the week before Christmas, members of the Therapeutic Recreation (T-Rec) and Sports & Fitness teams accompanied a group of adaptive athletes on a ski trip in Crested Butte, Colo.



“Everyone received intensive, high-quality instruction and progressed rapidly in their skill and abilities,” said Mike Wehner, manager, T-Rec. “We prepared meals together, and enjoyed comradery and a high mountain adventure.”

The group stayed in a purpose-built lodge for people with impairments, located at Crested Butte’s Adaptive Sports Center.

Adaptive athletes were selected for the trip based on their expressed interests in skiing and travelling out of state. In addition to Mike, other SRALab team members who participated were Demi Madden, adaptive sports coordinator, Adaptive Sports and Fitness Department, and Kelsey LeFevour, manager, Adaptive Sports Program.



## General Classes for All Ability Levels

[Adaptive Yoga: Seated Level or Mat level](#)

[Adaptive Pilates](#)

[Seated Dance](#)

[Balance and Stability](#)

[Golf Performance](#)

[Aquatic Fitness: Group Sessions and One-on-Ones](#)

# Functional Fitness

Individualized training is also offered through our [Functional Fitness Program](#), where members work one-on-one with one of our exercise physiologists to advance and maintain their functional goals. In addition, our staff can help you improve your gait and balance through Lokomat, AlterG treadmill training, and aquatic exercises (downtown only).

## Telefitness

[Telefitness](#) is a one-on-one interactive virtual exercise program for individuals who are looking to maximize their functional fitness and training outcomes under the guidance and care of one of our expert Exercise Physiologists. The program is designed to help increase motivation, activity, improve physical ability, and enhance personal fitness goals all from the comfort of home.

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**If you are interested in using any of our services, please contact us at the Fitness Center at (312)-238-5001 or [sports@sralab.org](mailto:sports@sralab.org).**

[Click Here For More Info](#)

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541 N. Fairbanks Court, Mezzanine  
Chicago, IL 60611  
312-238-5001

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