



NO LIMITS

Adaptive Sports Conditioning Classes

High Level Sports Conditioning
Mondays
6 – 7 p.m.

East County Community Center
3310 Gateshead Manor Way
Silver Spring, MD 20904

Please bring sports chair with you

**Please contact Harsh Thakkar at
202-877-1859 or
harsh.v.thakkar@medstar.net for questions
and concerns prior to attending the class.**

Adaptive Sports conditioning class:

Intervals of mid to high intensity cross training conditioning metabolic drills.

Attendees will benefit from a combination of resistance training and cardiovascular training to improve overall strength motor skills, function and movement.

Geared towards athletes who are currently involved participating in a sport or activity or wants to join a sport.

The Peer Mentor & Wellness Program is made possible in part thanks to a matching grant from The Gordon and Marilyn Macklin Foundation.



MedStar National
Rehabilitation Network

102 Irving Street, NW
Washington DC, 20010
MedStarNRH.org