



Adaptive Fitness Classes

Boxing Based Fitness

Thursdays

5:30 p.m. - 6:30 pm

Therapy & Cardiac Gym, 2nd floor

A high intensity cross training conditioning class which incorporates traditional boxing drills. This class is high energy and lots of fun.

Attendees will benefit from a combination of resistance training and cardiovascular training to improve overall conditioning and strength.

Geared towards individuals with neurological disorders such as: SCI, Stroke, MS and more.

Contact Harsh Thakkar at 202-877-1859 or Harsh.V.Thakkar@medstar.net to ensure if you are appropriate for participation.



Open Gym and Circuit Training

Tuesdays 6:30 - 8:30 p.m.

Saturdays 10 a.m. - 2 p.m.

Outpatient gym, 1st floor

"Open Gym" - Circuit Training includes:

- ◆ Warm-up, weight training stations, and cool down period
- ◆ Access to adapted weight training equipment
- ◆ High Intensity interval workouts
- ◆ Adaptive Fitness Trainers
- ◆ Safe and effective

Promotes to improve: Strength, muscle endurance, flexibility, functional abilities, mood and confidence

Optional: FES bike, cardio station, standing station in parallel bars

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MedStar National
Rehabilitation Network

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