



# PARALYMPIC SPORT CLUB

Fort Collins

## Adaptive Recreation Opportunities (ARO) Veteran Programs-Spring 2016



### iRest Yoga Workshop & Spring Session (6 Weeks)

Learn about Integrative Restoration (iRest) Yoga Nidra and the benefits it can provide for PTS and sleep. Then, join the six week course, attend any or all. Spouses welcome.

**Instructor:** Ena Burrud, Certified Yoga Therapist and iRest Teacher

**Location:** Yoga Center of Fort Collins, 210 E. Oak St.

**Workshop:** Saturday, March 26, 1:00-3:00 PM

**iRest Yoga 6 week session:** Thursdays, March 31- May 5, 11:30 AM-12:45 PM.

Activity # 202042-01

Free

### Adaptive Cycling Program

Handcycles, tandems, and three wheel bikes are available to take out on the Poudre River Trail.

**Location:** Lee Martinez Park

**Dates and Times:** April 14-28, Thur. 5:45-7:00 PM, Free # 202034-02

### Adaptive Cycling Workshop

Learn about different bikes, how to apply to the VA for purchase of your own bike, then go for a ride on a comfortable bike, set up for your needs.

**Location:** Rocky Mountain Recumbents, 2111-G South College

**Date and Time:** April 30 Sat. 9:00-11:30 AM Free 202034-03



### Aquatic Exercise

Individualized aqua workouts in warm water, deep pool, or advanced programs to meet your needs.

**Location:** Edora Pool and Ice Center (EPIC), 1801 Riverside Dr.

**Dates and Times:** March 21- May 13, Mondays and Fridays, 1:00-2:00 PM, Free

**Contact:** Becca Heinze, CTRS MA S. Ed., [bheinze@fcgov.com](mailto:bheinze@fcgov.com), (970) 224-6125

Note: Class subject to change due to pool closures. Contact Becca to confirm class dates.



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Contact Renee Lee, CTRS at [rlee@fcgov.com](mailto:rlee@fcgov.com), (970) 224-6027 with any questions or to register.  
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