



May 2012

ALL ACTIVITIES take place at the Deni + Jeff Jacobs Challenged Athletes Center (DJJCAC) unless otherwise noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	15 Open Gym 8am - 11am
6	7	8 Cycling/HC Class 5:30p - 6:30p Open Gym 5:30p - 7:30p	9	10	11	12 Open Gym 8am - 12pm Handcycle/Trike Clinic 9AM - 11AM Trainer: 10am -12pm
13	14	15	16	17	18	19 Open Gym 8am - 11am
20	21	22 Cycling/HC Class 5:30p - 6:30p Open Gym 5:30p - 7:30p	23	24	25	26 Open Gym 8am - 11am
27	28	29	30	31		

Athletes must be 14-years or older to use the Matrix Training Facility

A Personal Trainer is available from 10am - 12pm during Monthly Clinics

May Holidays

Mother's Day - 13

Armed Forces Day - 19

Memorial Day - 28



June 2011

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Open Gym 8am - 11am
3	4	5	6	7	8	9 Open Gym 8am - 11am
10	11	12 Cycling/HC Class 5:30p - 6:30p Open Gym 5:30p - 7:30p	13	14	15	16 Open Gym 8am - 11am
17	18	19	20	21	22	23 Open Gym 8am - 11am
24	25	26 Cycling/HC Class 5:30p - 6:30p Open Gym 5:30p - 7:30p	27	28	29	30 Open Gym 8am - 12pm Adaptive Yoga Clinic 9AM - 11AM Trainer: 10am - 12pm

June Holidays

Flag Day - 14

Father's Day - 17

Athletes must be 14-years or older to use the Matrix Training Facility (Gym)