



POWERHOUSE ADAPTIVE WEIGHT TRAINING

**Mondays 11:30 AM - 12:15 PM
January - April, 2025**

WORKOUT PROGRAMS :

- Strength Training
- Aerobic Fitness
- Muscle Toning
- Gym Familiarization



**PALM DESERT COMMUNITY
CENTER GYM**

18 + Years of age or older

**Wear close toed shoes
and bring water!**



CONTACT US :

www.MyRecreationDistrict.com
45871 Clinton St, Indio, CA 92201
**\$25 per month or FREE with
Adaptive Membership**

