

ADAPTIVE SEATED FITNESS

BERMUDA DUNES COMMUNITY CENTER
78400 AVE 42, BERMUDA DUNES

HYBRID PROGRAM- ONLINE & IN-PERSON

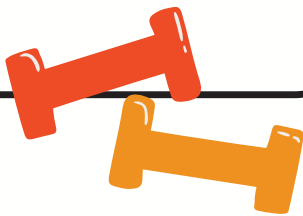
ONGOING FRIDAYS 2025

10-11 AM

**PROGRAM FOCUSES ON BUILDING UP STRENGTH , CONDITIONING, AND BALANCE
WHILE MAINLY IN A SEATED POSITION.**



**INDIVIDUALS AGE 16 AND OVER
WITH A DISABILITY!**



**REQUIRED TO WEAR SNEAKERS/CLOSED
TOES SHOES AND A STURDY CHAIR.**

**RECOMMEND USING LOW WEIGHT
DUMBBELLS (1-10 LBS.)**

IF JOINING ONLINE THROUGH  , THE CLASS LINK/ZOOM INFORMATION WILL BE ON YOUR RECEIPT AFTER REGISTERING FOR THE ONLINE CLASS.

**A NEW REGISTRATION CODE IS REQUIRED EACH
MONTH!**

**Register at
MyRecreationDistrict.com**

