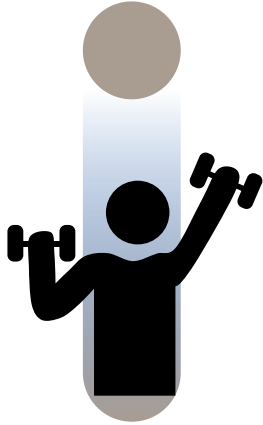




Adaptive/Therapeutic Sports & Recreation



More Information:

- MyRecreationDistrict.com
- Bermuda Dunes Community Center
- 10 Years of Age or Older
- Mondays, January - April 2025
10:00-10:45
- \$25 per month or Free with Adaptive Membership

ADAPTIVE STRENGTH & STRETCHING

Wear close toed shoes and bring water!



*Be Strong, Be Healthy:
Your Path to Wellness!*

