

Desert Recreation District

Bermuda Dunes Community Center • 78-400 Ave 42, Bermuda Dunes



ADAPTIVE FITNESS

HYBRID PROGRAM – ONLINE & IN PERSON

**Bootcamp type class focusing on strength & conditioning.
Variety of each exercise demonstrated for all ability levels.**


WHO: Individuals with a special need or disability
16 Years of Age and over

WHEN: Ongoing, Thursdays 10 – 11 A.M.

FEE: FREE

EXTRAS:

- Wear sneakers or close toed shoes
- Chair (for balance)
- Water

If joining us online through  the class link/zoom information will be on your receipt after registering for the **ONLINE** class.

A new registration code is provided each month!



*Sign up using either the **IN PERSON** or **ONLINE** option!*



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For information or to register, visit MyRecreationDistrict.com or Call (760) 347-3484