

# Desert Recreation District

JOIN US VIRTUALLY



## ADAPTIVE SEATED FITNESS ONLINE PROGRAM



Focus on strength & conditioning while in seated position  
Great for individuals with balance troubles or to take pressure off the  
knees, feet, and lower joints.

**WHO:** Individuals with a special need or disability, Ages 16 and older

**WHEN:** Fridays, December 4-18  
10am – 11am

**FEE:** FREE in December

JOIN US ON:



**WHAT TO HAVE:**

- Wear sneakers or close toed shoes
- Low weight dumbbell (1-10lbs)
- Ankle/wrist weights
- Stretch band
- Sturdy chair
- Water

**BEST LOCATION:** An open/clear area (nothing to knock off walls and free of tables/chairs)

**EXTRAS:** Class link/zoom information will be on your receipt after registering for the class.



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For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484