



# ADAPTIVE FITNESS

## ONLINE OR IN-PERSON

**WHO:** Individuals age 16+ with a disability or special need

**WHERE:** Bermuda Dunes Community Center  
78-400 Ave 42, Bermuda Dunes

**WHEN:** Thursdays, May-August 2025  
10:00-11:00 a.m.

**FEE:** FREE!



If joining us online through **zoom** the class link/information will be on your receipt after registering. A new registration code is provided each month!

Register at [MyRecreationDistrict.com](https://MyRecreationDistrict.com)

