



# Adaptive/Therapeutic Sports & Recreation



## POWERHOUSE ADAPTIVE WEIGHT TRAINING

**Mondays 11:30 AM - 12:15 PM**  
**May - August, 2025**

### WORKOUT PROGRAMS :

- Strength Training
- Aerobic Fitness
- Muscle Toning
- Gym Familiarization



## INDIO COMMUNITY CENTER WEIGHT ROOM

**18 + Years of age or older**

**Wear close toed shoes  
and bring water!**



### CONTACT US :

**[www.MyRecreationDistrict.com](http://www.MyRecreationDistrict.com)**  
**45871 Clinton St, Indio, CA 92201**  
**\$35 for residents & \$45 for non-  
residents per month, or FREE with  
Adaptive Membership**

