



Adaptive/Therapeutic Sports & Recreation



# POWERHOUSE ADAPTIVE WEIGHT TRAINING

Thursdays 2:00 - 2:45 PM  
May - August, 2025

## WORKOUT PROGRAMS :

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



**PALM DESERT 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

