Adaptive/Therapeutic Sports & Recreation





WEIGHT TRAINING

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

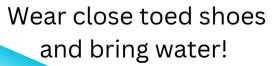


- Strength Training
- Aerobic Fitness
- Muscle Toning
- Gym Familarization



PALM DESERT COMMUNITY **CENTER WEIGHT ROOM**

18 + Years of age or older





CONTACT US:

www.MyRecreationDistrict.com



45871 Clinton St, Indio, CA 92201



\$35 for residents & \$45 for nonresidents per month, or FREE with **Adaptive Membership**

