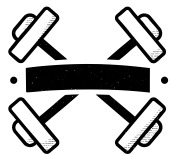




Adaptive/Therapeutic Sports & Recreation



# POWERHOUSE ADAPTIVE WEIGHT TRAINING

Thursdays 2:00 - 2:45 PM  
January - April, 2025

## WORKOUT PROGRAMS :

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



**PALM DESERT COMMUNITY  
CENTER GYM**

18 + Years of age or older

Wear close toed shoes

and bring water! 43900 San Pablo Ave, Palm Desert, CA 922601

**CONTACT US :**  
[www.MyRecreationDistrict.com](http://www.MyRecreationDistrict.com)

\$25 per month or FREE with  
Adaptive Membership

