

# ADAPTIVE SEATED FITNESS

BERMUDA DUNES COMMUNITY CENTER  
78400 AVE 42, BERMUDA DUNES

HYBRID PROGRAM- ONLINE & IN-PERSON

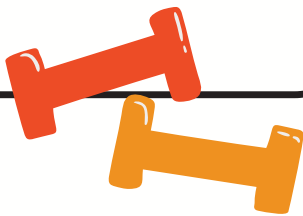
ONGOING FRIDAYS, 2025

10-11 AM

**PROGRAM FOCUSES ON BUILDING UP STRENGTH , CONDITIONING, AND BALANCE  
WHILE MAINLY IN A SEATED POSITION.**



**INDIVIDUALS AGE 16 AND OVER  
WITH A DISABILITY!**



**REQUIRED TO WEAR SNEAKERS/CLOSED  
TOES SHOES AND A STURDY CHAIR.**

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**RECOMMEND USING LOW WEIGHT  
DUMBBELLS (1-10 LBS.)**



**IF JOINING ONLINE THROUGH  , THE CLASS LINK/ZOOM INFORMATION WILL BE ON YOUR RECEIPT AFTER  
REGISTERING FOR THE ONLINE CLASS.**

**A NEW REGISTRATION CODE IS REQUIRED EACH  
MONTH!**

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

