

Desert Recreation District

Indio Community Center • 45-871 Clinton Street, Indio



ADAPTIVE FITNESS

A great way to keep your body in motion and release some energy!

Can assist with fine and gross motor control, range of motion and weight loss. All abilities welcome.



WHO: Individuals with a disability or special need
10 Years of Age and Over

WHEN: Tuesdays, September through December 2023,
5-5:45 P.M.

FEE: \$25 per month, or FREE with our
ADAPTIVE MEMBERSHIP

EXTRAS: -Wear close toed shoe
-Bring water

Contact the adaptive team if
a sport chair is needed for
participation, 760.834.9597



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For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484