



## ADAPTIVE FITNESS

**Bootcamp type class focusing on strength & conditioning, balance, movement, and endurance. Each class adapted to the individual abilities of participants.  
All ability levels welcome.**

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

**WHEN:** Ongoing, Tuesdays 4–4:45 P.M.

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

**EXTRAS:**

- Wear sneakers or close toed shoes
- Bring Water

Additional steps to maintain social distancing and cleanliness will be implemented during sessions.



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