

Desert Recreation District

Bermuda Dunes Community Center • 78-400 Ave 42, Bermuda Dunes



ADAPTIVE SEATED FITNESS

HYBRID PROGRAM – ONLINE & IN PERSON



**Focus on strength & conditioning while in seated position.
Great for individuals with balance troubles or to take pressure off the
knees, feet, and lower joints.**

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

WHEN: Ongoing, Fridays, 10 – 11 A.M.

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

EXTRAS:

- Wear sneakers or close toed shoes
- Low weight dumbbells (1-10lbs)
- Sturdy chair
- Water

If joining online through  , the class
link/zoom information will be on your receipt
after registering for the **ONLINE** class.



*Sign up using either the **IN
PERSON** or **ONLINE** option!*



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