

Desert Recreation District

Online classes available through ZOOM®



ADAPTIVE FITNESS (ONLINE)

Class will focus on strength & conditioning with the use of minimal equipment while at home.



WHO: Individuals with a special need or disability, friends & family

DATE: Thursdays in June

TIME: 11am – 12pm

FEE: FREE

EXTRAS: Must sign up online to receive the Zoom® link & password, [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com)

Best location to take class: An open/clear area

What to bring (if available): wear sneakers or close toed shoes, yoga mat/towel, water.



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