



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

TIME: 11am – 12pm

FEE: FREE

EXTRAS: Must sign up online, [click here](#), to receive the Zoom® link on the confirmation receipt.

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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