

Desert Recreation District

JOIN US VIRTUALLY



ADAPTIVE FITNESS ONLINE PROGRAM



**Boot camp type class focusing on strength & conditioning.
Variety of each exercise will be demonstrated for all abilities.**

WHO: Individuals with a special need or disability, Age 16 and older

WHEN: Thursdays in December
11am – 12pm

FEE: FREE in December

**JOIN US
ON:**



WHAT TO HAVE:

- Wear sneakers or close toed shoes
- Towel or yoga mat
- Chair (if needed for balance)
- Water

BEST LOCATION: An open/clear area (nothing to knock off walls and free of tables/chairs)

EXTRAS: Class link/zoom information will be on your receipt after registering for the class.



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