

# Desert Recreation District

Online classes available through ZOOM®



## ADAPTIVE SEATED FITNESS (ONLINE)

**Class will focus on strength & conditioning**



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

**DATE:** Fridays

**TIME:** 10am – 11am

**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, ankle/wrist weights, low weight dumbbell, stretch bands, water.



Like us on <https://www.facebook.com/MyRecreationDistrict>



Follow us on <https://twitter.com/mydrd>

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