

Desert Recreation District

JOIN US VIRTUALLY



ADAPTIVE SEATED FITNESS ONLINE PROGRAM



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, Ages 16 and older

WHEN: Fridays in November
10am – 11am

FEE: FREE in November

JOIN US ON:



WHAT TO HAVE:

- Wear sneakers or close toed shoes
- Low weight dumbbell (1-10lbs)
- Ankle/wrist weights
- Stretch band
- Sturdy chair
- 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 or call (760) 347 – 3484