

# ADAPTIVE FITNESS

ONLINE OR IN-PERSON

**WHO:** Ages 16+  
with a disability or  
special need

**WHEN:** Thursdays,  
Ongoing 2026  
10:00-11:00 AM


**WHERE:** Bermuda Dunes  
Community Center  
78-400 Ave 42, Bermuda  
Dunes

**FREE!**

**REGISTER AT**

[MyRecreationDistrict.com/  
adaptivetherapeutic-sports-recreation](https://MyRecreationDistrict.com/adaptivetherapeutic-sports-recreation)



If joining us online through  zoom, the class link/information will be on your receipt after registering. A new registration code is provided each month!