



ADAPTIVE SEATED FITNESS ONLINE & IN-PERSON



WHERE: Bermuda Dunes Community Center
78400 Ave 42, Bermuda Dunes

WHO: Ages 16+ with a disability or special need

WHEN: Fridays, Ongoing 2026, 10-11 AM



If joining online through [zoom](#), the class link/zoom information will be on your receipt after registering for the ONLINE class.

A new registration code is REQUIRED each month!

REGISTER AT

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

FREE!

