

ADAPTIVE POWERHOUSE WEIGHT TRAINING



**WHEN: Mondays, Ongoing 2026
11:30 AM - 12:15 PM**

WHO: Ages 18+ with a disability or special need

**WHERE: Indio Community Center Weight Room
45871 Clinton St, Indio**

**FEE: \$35 per month or FREE with
Adaptive Membership**



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

