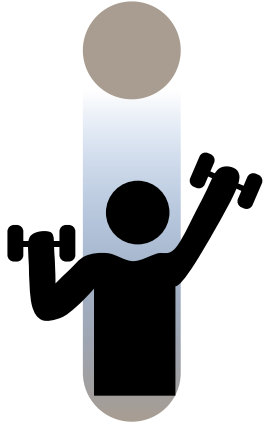




# Adaptive/Therapeutic Sports & Recreation



## More Information:

-  MyRecreationDistrict.com
-  Bermuda Dunes Community Center
-  10 Years of Age or Older
-  Mondays, Ongoing Through 2024  
10:00-10:45
-  \$25 per month or Free with Adaptive Membership

# ADAPTIVE STRENGTH & STRETCHING

Wear close toed shoes and bring water!



*Be Strong, Be Healthy:  
Your Path to Wellness!*



