

Stretching/Toning (Monthly)

Sandee Sineni will get you in shape with her Stretching/Toning classes which include some aerobic and light hand weight exercises. Sandee has been teaching exercise programs since 1985 and is certified with the American College of Exercise, American College of Sports Medicine, National Strength & Conditioning Association and in Life Style & Weight Management. Classes will be held at Bethesda-By-The-Sea Church, 141 S County Rd, Palm Beach, FL 33480. Parking will be available along Barton Avenue.

Stretching Tuesday & Thursday 8:15-9:00am

Toning Tuesday & Thursday 9:00-10:00am

January Monthly Fees:	Resident	Nonresident
9 Classes	\$91	\$108
Drop-in	\$13	\$16

Fees will vary based on number of class days available each month.

Participants will need to bring an exercise mat.

Class is scheduled to begin January 3

(Class will not be held January 1)



Palm Beach Recreation

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