



TOWN OF
PALM BEACH

Mommy & Me

FITNESS CLASSES

Mommy & Me Bodyweight Bootcamp

Tuesdays, 11:00 am

Mommy & Me Yoga & Core Flow

Wednesdays, 11:00 am

All ages and fitness levels welcome for these fun, full-body workouts for the whole family. Bring sleepy newborns in strollers or big kids who want to do all the things. Workouts designed for moms in mind, but playlists and poses are toddler approved.

BOOTCAMP: Bodyweight movements and simple intervals allow moms to work at their own fitness level and pace.

YOGA & CORE FLOW: Stretch and mobilize the entire body with a focus on core strength and stability.

Drop-In Class:

Residents: \$18

Non-Residents: \$23

5 Class Pass:

Residents: \$80

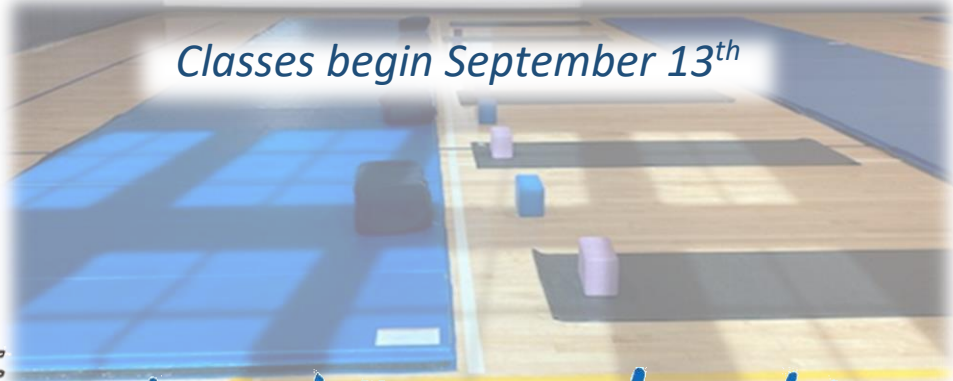
Non-Residents: \$100

10 Class Pass:

Residents: \$140

Non-Residents: \$175

Classes begin September 13th



Live Well at the Mandel

Additional Information:

New moms should have full exercise clearance prior to beginning these exercise programs. Please arrive fifteen minutes prior to the start of class to get checked in and set up. Registration required for all adults. Classes will be held in the Smith Family Fieldhouse, allowing for plenty of space for strollers.

Please keep snacks limited to the bleacher area for safety.

Morton and Barbara Mandel Recreation Center
340 Seaview Ave, Palm Beach, FL 33480

To purchase class packs over the phone, call the Fitness Center at 561-227-6363
PalmBeachRecreation.com

