



TOWN OF
PALM BEACH

Fitness Classes

DESCRIPTIONS

Total Body Conditioning

This classic aerobics-style class is appropriate for all fitness levels and includes strength and conditioning exercises for the entire body. This workout is designed to improve muscle tone, cardiovascular health and mood!

Core Strength & Stability

Join Daniel in his signature 30-minute core intensive class that will incorporate exercises for lengthening, strengthening, and stabilizing the muscles of the abdominals, lower back and obliques.

Mommy & Me

Designed for mom in mind, these classes provide an opportunity for mom to get a full-body workout in without worrying about arranging childcare! Bootcamp is an interval based full-body strength and cardiovascular challenge with lots of fun animal movements for older kids to appreciate. Yoga will be less structured than our typical yoga classes, while still providing a full-body stretch with an added focus on core strength.

Circuit Training

Keep your routine fresh and ever-changing with this fun class led by John two evenings per week! Move from timed station to station, performing exercises at your own pace – perfect for all fitness levels. Expect cardio circuits, bodyweight movements, trying new things and exceeding your expectations!

Yoga for Mobility

This restorative-style Yoga class moves at a slower pace, allowing more time for static holds and deepening postures. Expect extra time spent on shoulder, trunk and hip mobility, especially beneficial for our golf and tennis athletes.

Yoga for Strength

This yoga class moves at a medium pace, and focuses on building strength and endurance, particularly in upper body strength. Learn the foundational movements behind sun salutations and more.

Flow & Fly Yoga

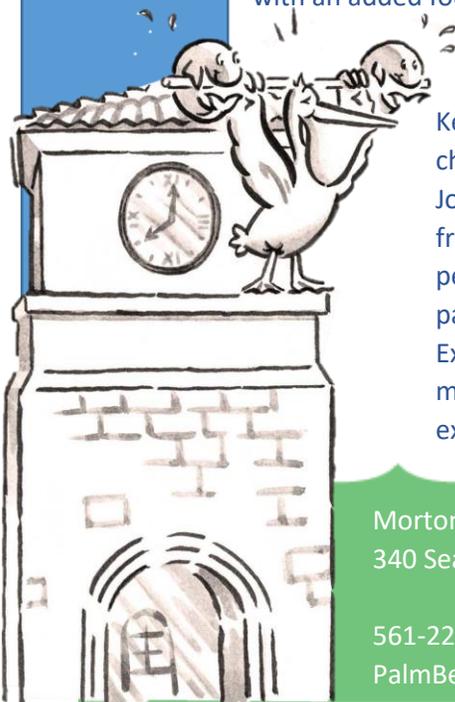
So you saw it on the gram and now you want to master it – we get it! Float, fly, get upside down and backwards with all the fun poses and the strength progressions to build your practice into a work of art. Particularly fun for youthful yogis and those looking for an advanced and playful practice. (13+)

Vinyasa Power Yoga

This traditional Vinyasa-style Yoga class moves at a faster pace, modeling the one breath per movement format. Focusing on building strength and endurance, expect to both stretch and break a sweat utilizing plenty of sun salutations.

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

561-227-6363
PalmBeachRecreation.com





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Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 am Yoga for Strength with Jen	9:00 am Total Body Conditioning with Jen	9:00 am Yoga for Mobility with Jen	
12:00 pm Core Strength & Stability with Daniel	11:00 am Mommy & Me Yoga with Jen	11:00 am Mommy & Me Bootcamp with Jen	12:00 pm Core Strength & Stability with Daniel	
6:00 pm Vinyasa Power Yoga with Jessica	5:15 pm Circuit Training with John	4:30 pm Flow & Fly Yoga with Jessica	5:15 pm Circuit Training with John	

Live Well at the Mandel

- Drop-In Class: Residents: \$18
Non-Residents: \$23
- 5 Class Pass: Residents: \$80
Non-Residents: \$100
- 10 Class Pass: Residents: \$140
Non-Residents: \$175



Fall Group Fitness Schedule runs September 12 – December 16

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