

Body Conditioning (Monthly)

Sandee Sineni will get you in shape with her Body Conditioning class, a combination of an easy, low impact warm up, light weight work, mat work and stretching. Sandee is certified with the American College of Exercise, American College of Sports Medicine, National Strength & Conditioning Association and in Life Style & Weight Management.

Classes are held at Bethesda-By-The-Sea Church, 141 S County Rd, Palm Beach. Parking is available along Barton Avenue.

Tuesday & Thursday 9:00-10:00am

Monthly Fees: Resident Nonresident

Classes	\$92	\$115
Drop-in	\$14	\$18



Classes are scheduled to begin
October 1



Palm Beach Recreation
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