



TOWN OF
PALM BEACH

Golf Strength & Conditioning

MORTON AND BARBARA MANDEL
RECREATION CENTER

Strength training class designed to complement the game of golf. 18 holes forcefully swinging the club in one direction can lead to imbalances. This class will address those imbalances along with over all strengthening for a more stable swing.

Mondays from 11:00 - 11:45am

Resident: \$60/ Month or \$19 Drop In

Non-Resident: \$75/ Month or \$24 Drop In

For: Beginner - Advanced

First Class Feb. 24th

Registration is ongoing.

Call 561-227-6363 or stop by to register



Live Well at the Mandel

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

palmbeachrecreation.com

