



May Events

Mandel Recreation Center

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|--|---------------------------|--------------|--------------------------|--|-------------------------|-------------------------------|
| | | | | Friday 1 | Saturday 2 | Sunday 3 |
| | | | | Fitness Friday: <i>Home Fitness Assessment</i> 11:00am Facebook Live Workout | | |
| Monday 4 | Tuesday 5 | Wednesday 6 | Thursday 7 | Friday 8 | Saturday 9 | Sunday 10 |
| Fitness and Mental Health Bingo Begins! | Morning Meditation | | Thankful Thursday | Fitness Friday: 11:00am Facebook Live Workout | | |
| Monday 11 | Tuesday 12 | Wednesday 13 | Thursday 14 | Friday 15 | Saturday 16 | Sunday 17 |
| | Morning Meditation | | Thankful Thursday | Fitness Friday: 11:00am Facebook Live Workout | | |
| Monday 18 | Tuesday 19 | Wednesday 20 | Thursday 21 | Friday 22 | Saturday 23 | Sunday 24 |
| | Morning Meditation | | Thankful Thursday | Fitness Friday: 11:00am Facebook Live Workout | | |
| Monday 25 | Tuesday 26 | Wednesday 27 | Thursday 28 | Friday 29 | Saturday 30 | Sunday 31 |
| | Morning Meditation | | Thankful Thursday | Fitness Friday: 11:00am Facebook Live Workout | Bingo Concludes! | <i>Retake home assessment</i> |

EVENTS

Fitness Assessment: Our first Fitness Friday will be an all-around assessment of muscle strength and cardiovascular endurance. This will include a live instructional video of a timed assessment on squats, pushups, and sit-ups along with suggestions on performing a mile

Fitness Fridays: Our Fitness Fridays will be a live Facebook event featuring a Fitness Center staff member doing a workout for you to follow along with. Our home-based workout will require no equipment and will be suitable for all fitness levels.

Fitness and Mental Bingo: Health and wellness is more than just physical fitness. It is important to improve other aspects of wellness too. Try going for a blackout bingo to work on all the components of a healthy wellbeing!

Morning Meditation: Each Tuesday the Mandel Fitness Center staff will be sharing a light stretching video followed with a meditation link. Recharge and reset your mind and body through our morning meditation series.

Thankful Thursday: Practice expanding your gratitude by following our lead as we post different topics to be thankful for #ThankfulinPalmBeach