



May Events

Mandel Recreation Center

						Friday 1	Saturday 2	Sunday 3
						Fitness Friday: Home Fitness Assessment 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!	Retake home assessment		

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