

health & wellness

Fall 2017

We offer a variety of programs, classes and services for all ages and abilities. Health and wellness at the J means working out with friends in a comfortable and supportive environment! We have everything you need, plus the relationships that you are looking for to expand your limits, increase your strength and support a positive quality of life.

For more information contact Jena Radant at 952.381.3418 or jradant@sabesjcc.org

sabesjcc.org



sabes jcc
minneapolis

SPECIALTY CLASSES

Our specialty classes are taught by certified personal trainers who have advanced training in their area of expertise. Available in four or eight-week sessions, these programs and classes are offered with a fee and are designed to expand your limits, increase your strength and improve your overall health!

INTEGRATED TRAINING

Age 18+

This integrated workout challenges your body using a variety of different fitness tools such as kettlebells, TRX, free weights and body weight exercises. Designed to build strength and stability, tone and strengthen your body and core, and improve cardiovascular fitness, this workout is designed to improve overall fitness through an integrated approach to training. **Trainer: Kevin Heck**

Session 1

#14277	\$98; \$75 JCC Members
Thur	Sept. 7-Sept. 28 (no class 9/21)
6:00-7:00am	3 classes

Session 2

#14278	\$130; \$100 JCC Members
Thur	Oct. 5-Oct. 26
6:00-7:00am	4 classes

Session 3

#14279	\$130; \$100 JCC Members
Thur	Nov. 2-Nov. 30 (no class 11/23)
6:00-7:00am	4 classes

Session 4

#14280	\$130; \$100 JCC Members
Thur	Dec. 7-Dec. 28
6:00-7:00am	4 classes

WOMEN ON WEIGHTS

This class will provide detailed instructions on the safe and proper use of free weights. We will dive into the best practices and variations of the deadlift, bench pressing, squats and other basic free weight movements. Some of the benefits include continued fat burning hours after you finished your workout, boosting your metabolism and much more!

Trainer: Chris Head

Session 1

#14285	\$117; \$90 JCC Members
Sun	Oct. 1-Oct 29
10:00-11:00am	5 classes

Session 2

#14286	\$117; \$90 JCC Members
Sun	Nov. 12-Dec. 17 (no class 11/26)
10:00-11:00am	5 classes

TRX TRAINING

This suspension trainer builds strength, balance, flexibility, and power while engaging the core; a 30 min, multi-plane workout that modifies the resistance-based on your ability.

Trainer: Kevin Heck

Session 1

#14281	\$47; \$36 JCC Members
Thur	Sept. 7-Sept. 28 (no class 9/21)
7:30-8:00pm	3 classes

Session 2

#14282	\$62; \$48 JCC Members
Thur	Oct. 5-Oct. 26
7:30-8:00pm	4 classes

Session 3

#14283	\$62; \$48 JCC Members
Thur	Nov. 2-Nov. 30 (no class 11/23)
7:30-8:00pm	4 classes

Session 4

#14284	\$62; \$48 JCC Members
Thur	Dec. 7-Dec. 28
7:30-8:00pm	4 classes

EXPRESS CARDIO AND STRENGTH COMBO

Maximize your workout time with this 30 minute cardio and 30 minute strength combo class. We will begin with a variety of different cardio training techniques from interval, fat burning, anaerobic and recovery training workouts using the cardio machines followed by a variety of resistance based training exercises in a circuit style to develop strength.

Trainer: Jennifer Wetteland

Session 1

#14287	\$114; \$88 JCC Members
Mon and Wed	Sept. 11-Oct 16 (no class 9/20, 10/4, 10/11)
5:15-6:15pm	8 classes

Session 2

#14288	\$114; \$88 JCC Members
Mon and Wed	Oct. 23-Nov. 15
5:15-6:15pm	8 classes

Session 3

#14289	\$114; \$88 JCC Members
Mon and Wed	Nov. 27-Dec. 20
5:15-6:15pm	8 classes

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HEARTWORKS

Monday, Wednesday, Friday: 8:40 AM
Monthly fee: \$60 (members)

A stage four post-rehab strengthening and flexibility class designed to support your lifelong practices and habits for a healthier life. This one hour class includes a 45-min workout and a 15-min blood pressure check.



For more information please contact
Jen Wetteland at
jwetteland@sabesjcc.org.

TRAINING

Our nationally certified personal trainers offer fitness assessments, health education, goal setting, monitoring of your progress and flexible scheduling.

PERSONAL TRAINING

A personal training program designed specifically for you! Whether you want to run a mile or a marathon, exercise with your friends, lose weight or gain strength, our personal trainers will help you every step of the way.

PARTNER TRAINING

A great way to improve your fitness in a social environment with a variety of activities like Circuit Training and Boot Camp; a competition free, enjoyable way to exercise and achieve personal results with a friend.

GROUP TRAINING: THE NEXT LEVEL

Experience full body conditioning and a big calorie burn through exercises that keep the heart rate up, rev up your metabolism and build lean muscle.

FAMILY TRAINING

Fun fitness activities designed to experience the joy of being active together while also getting a complete well rounded workout! This 45-minute workout promotes continuous movement, allowing each person to exercise at their own pace. Individual families only.

RECREATION & FUN!

We offer a variety of sports play for men and women. Whether you're looking for a competitive workout or more casual play, we've got you covered.

PICKLEBALL

Ages 50+ A combination of Ping-Pong, tennis and badminton, Pickleball is for people of all ages and athletic abilities. Come when you can; no advanced registration, equipment is provided and volunteers will teach you the rules and how to play!

Tues & Thurs 10 AM - NOON
Thursday Nights 5:30 - 7:30 PM
\$2 (members are free)

FALL MEN'S BASKETBALL LEAGUE SEPT 13 - NOV 15

Ages 18+ Ten weeks— seven weeks of game play and three weeks of playoffs. Registration is available online or by emailing League Coordinator Lauri Ludeman at lludeman@sabesjcc.org

FALL WOMEN'S BASKETBALL LEAGUE SEPT 12 - NOV 7

Ages 18+ Ten weeks including playoffs. Provide your own team. Max size: 10 players per team. Registration is available online or by emailing League Coordinator Lauri Ludeman at lludeman@sabesjcc.org



PICK UP BASKETBALL

Drop in for a fun and competitive workout and become part of the action!

Tuesdays & Fridays 11:30 - 1 PM
Sundays 9 - 12:00 PM