



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 Donna Heck at 952.381.3418 or [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org)



**sabes jcc**

# health & wellness - fall 2015

## 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

#11888	\$130; \$100 JCC Members
Sun	Sept 6-Oct 4
9:00-10:00am	4 classes

#### Session 2

#11889	\$260; \$200 JCC Members
Sun	Oct 4-Nov 22
9:00-10:00am	8 classes

### FIT'N FUN YOUTH BOOT CAMP

#### Ages 7-12

This camp is a great way to get kids moving in an active, fun, challenging environment. Improve strength, stamina and athletic ability while having a blast! **Trainer: Justin Segal**

#### Session 1

#11890	\$62; \$48 JCC Members
Sun	Sept 6-Oct 4
	(no class 9/13)
2:00-3:00pm	4 classes

#### Session 2

#11891	\$62; \$48 JCC Members
Sun	Oct 11-Nov 1
2:00-3:00pm	4 classes

#### Session 3

#11892	\$62; \$48 JCC Members
Sun	Nov 8-Nov 29
2:00-3:00pm	4 classes

### TRX TRAINING

The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility, and power while engaging the core; a unique 30 minute, multi-plane workout that modifies the resistant-based on your ability.

**Trainer: Kevin Heck**

#### Session 1

#11868	\$62; \$48 JCC Members
Thu	Sept 3-Sept 24
7:30-8:00pm	4 classes

#11867	\$62; \$48 JCC Members
Sun	Sept 6-Oct 4
	(no class 9/13)
11:00-11:30am	4 classes

#### Session 2

#11878	\$62; \$48 JCC Members
Thu	Oct 1-Oct 22
7:30-8:00pm	4 classes

#11877	\$62; \$48 JCC Members
Sun	Oct 11-Nov 1
11:00-11:30am	4 classes

#### Session 3

#11887	\$62; \$48 JCC Members
Thu	Oct 29-Nov 19
7:30-8:00pm	4 classes

#11886	\$62; \$48 JCC Members
Sun	Nov 8-Nov 29
11:00-11:30am	4 classes



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## 30 MINUTE CARDIO EXPRESS

A 30 minute, efficient Express Cardio Class that will explore a variety of different training techniques from interval, fat burning, anaerobic and recovery training workouts

**Trainer: Jen Wetteland**

### Session 1

#11872	\$104; \$80 JCC Members
Mon & Wed	Oct 5-Oct 28
5:30-6:00pm	4 classes

### Session 2

#11884	\$104; \$80 JCC Members
Mon & Wed	Nov 2-Nov 25
5:30-6:00pm	4 classes

## 30 MINUTE CIRCUIT TRAINING EXPRESS

Maximize your workout time while you develop strength through a variety of resistance based training exercises in a circuit style workout. **Trainer: Jen Wetteland**

### Session 1

#11873	\$104; \$80 JCC Members
Mon & Wed	Oct 5-Oct 28
6:00-6:30pm	4 classes

### Session 2

#11885	\$104; \$80 JCC Members
Mon & Wed	Nov 2-Nov 25
6:00-6:30pm	4 classes

## WOMEN ONLY STRENGTH TRAINING

For those who want to work out with friends, family or members of your community. Hinda, our personal trainer, is committed to educating, motivating and supporting you through a variety of exercises in a comfortable, private setting; a perfect class for beginners or those new to strength training!

**Trainer: Hinda Dukes**

### Session 1

#11880	\$62; \$48 JCC Members
Wed	Oct 14-Nov 4
9:30-10:30am	4 classes

### Session 2

#11871	\$62; \$48 JCC Members
Wed	Nov 11-Dec 2
9:30-10:30am	4 classes

## GROUP EXERCISE CLASSES

*FREE with your JCC Membership!*

Cycling, Zumba, Lift n' Pump, Water Exercise, Cardio Kickboxing, Tai Chi, Mat Pilates, Stretch, Core Conditioning, Nordic Walking and Yoga and more are all free with your membership! Our classes offer you variety in your workout and our instructors are all

nationally certified and experienced to make sure each class is an excellent experience. Classes are available to anyone at any time – no need to register, just drop-in!

Beginners through advanced exercisers can work out side by side because our Group Exercise instructors are trained to address intensity options, to make sure the workout is right for all participants. Comfortable workout clothes, the right shoes and a bottle of water will help you gear up for a great class!



## Massage. You deserve it!

Our massage therapists are professionally trained & work with you to help relieve aches & pains, stress, muscular knots & tightness, as well as give you a very relaxing & pampered experience.

**Check out our massage packages at [www.sabesjcc.org](http://www.sabesjcc.org).**

**For an appointment, call the Health & Wellness Desk at (952) 381-3407 or (952) 381-3408**