

health & wellness

Winter 2018

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

| | |
|-------------|-------------------------|
| #14628 | \$130; \$100JCC Members |
| Thur | Jan. 4-Jan. 25 |
| 6:00-7:00am | 4 classes |

Session 2

| | |
|-------------|--------------------------|
| #14629 | \$130; \$100 JCC Members |
| Thur | Feb. 1-Feb. 22 |
| 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

| | |
|--------------|-------------------------|
| #14633 | \$117; \$90 JCC Members |
| Sun | Jan. 7-Feb. 4 |
| 9:00-10:00am | 5 classes |

Session 2

| | |
|--------------|-------------------------|
| #14634 | \$117; \$90 JCC Members |
| Sun | Feb. 11-March 4 |
| 9:00-10:00am | 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

| | |
|-------------|------------------------|
| #14635 | \$62; \$48 JCC Members |
| Thur | Jan. 4-Jan. 25 |
| 7:30-8:00pm | 4 classes |

Session 2

| | |
|-------------|------------------------|
| #14636 | \$62; \$48 JCC Members |
| Thur | Feb. 1-Feb. 22 |
| 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

| | |
|-------------|-------------------------|
| #14630 | \$114; \$88 JCC Members |
| Mon and Wed | Jan. 8-Feb. 8 |
| | (no class 1/22 & 1/24) |
| 5:15-6:15pm | 8 classes |

Session 2

| | |
|-------------|-------------------------|
| #14631 | \$114; \$88 JCC Members |
| Mon and Wed | Feb. 12-March 7 |
| 5:15-6:15pm | 8 classes |

Session 3

| | |
|-------------|-------------------------|
| #14632 | \$114; \$88 JCC Members |
| Mon and Wed | March 7-April 12 |
| | (no class 4/2 & 4/4) |
| 5:15-6:15pm | 8 classes |

ENDURANCE PERFORMANCE TRAINING (EPT)

This is an opportunity to train with others who have similar interests and goals in mind when it comes to endurance performance. This class will include training guidance and hands on practice for endurance athletes and enthusiast involved in various activities including running and cycling. You will receive email guided programming to improve your training and racing efficiency.

Trainer: Jennifer Wetteland

Session 1

| | |
|---------------|--------------------------|
| #14637 | \$144; \$120 JCC Members |
| Sun | Jan. 7-Jan. 28 |
| 10:30-11:30am | 4 classes |

| | |
|-------------|--------------------------|
| #14638 | \$144; \$120 JCC Members |
| Thur | Jan. 11-Feb. 8 |
| | (no class 1/25) |
| 8:00-9:00am | 4 classes |

Session 2

| | |
|---------------|--------------------------|
| #14639 | \$144; \$120 JCC Members |
| Sun | Feb. 4-Feb. 25 |
| 10:30-11:30am | 4 classes |

| | |
|-------------|--------------------------|
| #14640 | \$144; \$120 JCC Members |
| Thur | Feb 15-March 8 |
| 8:00-9:00am | 4 classes |

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MOVE 2B HEALTHY

Monday, Wednesday, Friday: 8:50 AM
Monthly fee: \$78; \$60JCC Members

A strengthening and flexibility class designed to support your lifelong practices and habits for a healthier life. This on-going class meets 3x/week and is a 30 minute class. Includes guided cardiovascular program suggestions.



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

PERSONAL TRAINING

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

PARTNER TRAINING (1 hour, 2 people)

Are you looking for the opportunity to train with a friend or significant other? Partner training has been proven to increase commitment to a fitness regimen.

SMALL GROUP TRAINING (1 hour, 3-6 people)

Small group training is a fun way for individuals to take advantage of a Trainer's expertise and still receive that personal coach approach and individualized workout at a lower financial investment all while keeping the fun and motivation of a group dynamic. Small group training is for individuals who want to work with friends, co-workers, teammates, or even a group of people you have never met before.

PRIVATE TRAINING (1 hour OR 30-minute sessions)

A one-on-one training program will be designed specifically for you with education in mind. Your Trainer works with you every step of the way to identify individual postural and movement needs keeping you on to the path to achieving your larger goals.

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)

SPRING MEN'S BASKETBALL LEAGUE MARCH 28 – MARCH 22

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

SPRING WOMEN'S BASKETBALL LEAGUE FEB 20 – APRIL 17

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