

sixty
plus

at the
Sabes JCC

sabesjcc.org



Move 2B Healthy

DAYS: MONDAY, WEDNESDAY, FRIDAY

TIME: 8:50 - 9:25 AM

COST: \$78 Non-Member; \$60 Member

**30-day written cancellation notice applies*

A strengthening and flexibility class designed to support your lifelong practices and habits for a healthier life. These 30-minute, on-going sessions meet three times per week and include guided cardiovascular program suggestions.

Please contact Jen Wetteland at jwetteland@sabesjcc.org for more information or to enroll.



sabes jcc
minneapolis