



Bootcamp at the JCC

Designed to improve your fitness level, motivation, and accountability. Bootcamp incorporates fun, effective workouts, a supportive community, and personalized coaching. Our Bootcamp is more than achieving fitness goals; it's about accomplishing sustainable results!

Full 8-week Bootcamp Fall Programs

Session 1

Mondays & Wednesdays

August 13 – October 3

(Please note: Week 4 meets Wed. 9/5 & Fri. 9/7
Week 5 meets Wed. 9/12 & Fri. 9/14
Week 6 meets Mon. 9/17 & Fri. 9/21)

9:30 - 10:30 AM

\$240; \$160 JCC Members

Session 2

Mondays & Wednesdays

October 15 – December 5

9:30 - 10:30 AM

\$240; \$160 JCC Members

Questions? Contact Jena Radant at 952-381-3418/jradant@sabesjcc.org.