

health & wellness

Fall 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

FALL SPECIALTY TRAINING AND PROGRAMS

Our Specialty Programs are led by our personal trainers and specialty professionals as you take your fitness to the next level over the course of several weeks. Get personalized attention in sessions with limited participant roster size while you focus on specialized areas of fitness. These programs are offered with a fee and are designed to expand your limits and improve your overall health!

INTEGRATED TRAINING

Age 18+

Using kettlebells, TRX, weights, ropes, plyos and body weight exercises, you will build strength, stability, and tone, while improving cardiovascular fitness. **Trainer: Kevin Heck**

Fall Session 1

#15233	\$130; \$100JCC Members
Thur	Sept 6-Sept 27
6:00-7:00am	4 classes

Fall Session 2

#15247	\$130; \$100JCC Members
Thur	Oct 4-Oct 25
6:00-7:00am	4 classes

Fall Session 3

#15248	\$130; \$100JCC Members
Thur	Nov 1-Nov 29
6:00-7:00am	4 classes

TRX TRAINING

The TRX Suspension Trainer builds strength, balance, flexibility, and power while engaging the core. Experience a multi-plane workout that modifies the resistance-based on your ability. **Trainer: Kevin Heck**

Fall Session 1

#15250	\$62; \$48 JCC Members
Thur	Sept 6-Sept 27
7:30-8:00pm	4 classes

Fall Session 2

#15234	\$62; \$48 JCC Members
Thur	Oct 4-Oct 25
7:30-8:00pm	4 classes

Fall Session 3

#15251	\$62; \$48 JCC Members
Thur	Nov 1-Nov 29
7:30-8:00pm	4 classes

STRENGTH TRAINING FOR WOMEN

Join other women dedicated to getting in great shape while exploring best practices and variations of specific exercises using free weights. **Trainer: Chris Head**

Fall Session 1

#15256	\$117; \$90 JCC Members
Mon	Sept 17-Oct 15
4:00-5:00pm	5 classes

Fall Session 2

#15257	\$117; \$90 JCC Members
Mon	Oct 29-Nov 26
4:00-5:00pm	5 classes

EXPRESS CARDIO AND STRENGTH COMBO

Maximize your workout with 30 min. of variable cardio techniques and 30 min. of circuit style training.

Trainer: Jennifer Wetteland

Fall Session 1

#15241	\$57; \$44 JCC Members
Mon and Wed	Sept 5-Sept 26
5:15-6:15pm	4 classes

Fall Session 2

#15242	\$114; \$88 JCC Members
Mon and Wed	Oct 1-Oct 24
5:15-6:15pm	4 weeks/8 classes

Fall Session 3

#15243	\$114; \$88 JCC Members
Mon and Wed	Oct 29-Nov 29 <small>(no class 11/7, 11/12)</small>
5:15-6:15pm	4 weeks/8 classes

FITNESS FORE GOLF - NEW

This 4 week specialized session will give you the focus and programming guidance off-the-course you need to assist in developing balance, mobility and total body strength as it relates to the overall golf swing.

Trainer: Kevin Heck

Fall Session 1

#15255	\$94; \$72 JCC Members
Wed	Sept 12-Oct 3
5:30-6:30pm	4 classes

Fall Session 2

#15262	\$94; \$72 JCC Members
Wed	Oct 10-Oct 31
5:30-6:30pm	4 classes

Fall Session 3

#15263	\$94; \$72 JCC Members
Wed	Nov 7-Nov 28
5:30-6:30pm	4 classes

FUNCTIONAL MOVEMENT SCREENING AND IMPROVEMENT

Movement dysfunctions are identified through a screening process. Guided exercises will allow you to discover your most optimal personal fitness program targeting key problem areas and learning how to improve mobility, stability, and strength.

Trainer: Joshua Waxdahl

Fall Session 1

#15245	\$144; \$120 JCC Members
Mon	Sept 17-Nov 12 <small>(no class 10/29)</small>
6:00-7:00pm	6 classes

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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.

SWING DANCE LESSONS

This six-week course is designed to be a progressive course starting at ground zero and working up from there. It is open to all levels and no previous experience required. **Trainer: Rachel Fager**

Fall Session 1

#15254 \$72; \$50 JCC Members
Thur Sept 13-Oct 18
6:00-7:15pm 6 classes

Fall Session 2

#15261 \$72; \$50 JCC Members
Thur Nov 1-Dec 13 (no class 11/22)
6:00-7:15pm 6 classes

Registering as a couple? Contact Jessica Jacobs at (952) 381-3385 for discount couples rate.

TAI CHI FOR HEALTH (+13)

60-minute instruction and practice, in which participants learn all the forms in Dr. Paul Lam's Level I Tai Chi for Health, allowing them to develop their own home practice. Classes are capped at 10 students to allow close attention. Suited for anyone desiring a taste of this flowing and ancient, strength-building exercise. **Trainer: Karen Cavalli**

Fall Session 1

#15253 \$85; \$65 JCC Members
Tue Sept 4-Oct 11
1:30-2:30pm 4 classes

Fall Session 2

#15258 \$85; \$65 JCC Members
Tue Oct 30-Dec 4
1:30-2:30pm 4 classes

Fall Session 1

#15259 \$85; \$65 JCC Members
Wed Sept 5-Oct 17 (no class 9/19)
5:30-6:30pm 4 classes

Fall Session 2

#15260 \$85; \$65 JCC Members
Wed Nov 7-Dec 12
5:30-6:30pm 4 classes

BOOTCAMP

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! Includes pre and post fitness testing and progressive programming.

Fall Session 1

Trainer: Jena Radant

#15180 \$240; \$160 JCC Members
Mon & Wed Oct 15-Dec 5
9:30-10:30 am 8 weeks/16 classes

PILATES REFORMER MONDAYS 3-4PM OR THURSDAYS 11AM-12PM OR 3-4PM OR FRIDAYS 11AM-12PM

Strengthen and elongate your entire body while challenging your balance and strength using spring resistance on the Reformer machine. Various packages offered.

KRAV MAGA SATURDAYS 9-10 AM

This is the official self-defense system of the Israeli Defense Forces. It offers a simple, effective method that emphasizes instinctive movements, practical techniques, and realistic training scenarios. Various packages offered.

SPECIALTY TRAINING FOR PARKINSON'S - NEW

Our Specialist is trained in Delay the Disease format and will tailor your plan to support you in staying independent and enjoying what you love to do! Various packages and are offered for individual, partner or small group support.

Instructor: Heidi Weinberg

On-going various 30-minute session packages offered. Scheduled appointments based on client availability. First session is complimentary.

YOUTH KARATE

(ages 6-15)

MONTHLY ON-GOING SESSIONS SUNDAYS 12:15-1 PM

Learn the ancient martial art of Tae Kwon Do style karate and advance through the belt levels at your own pace. This exciting class teaches kid-friendly karate basics, self-defense, and self-discipline.

YOUTH BATON TWIRLING

(ages 5-18)

MONTHLY ON-GOING SESSIONS TUESDAYS 4:15-5:15 PM

In baton twirling you will learn hand/eye coordination, team work, individual goal setting & achieving, physical fitness and sportsmanship.



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