

health & wellness

Winter 2018/19

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 Personal Training Office at 952-381-3378

sabesjcc.org



sabes jcc
minneapolis

WINTER SPECIALTY TRAINING & 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**

Winter Session 1

#15822	\$130; \$100JCC Members
Thur	Dec 13-Jan 3
6:00-7:00am	4 classes

Winter Session 2

#15823	\$130; \$100JCC Members
Thur	Jan 10-Jan 31
6:00-7:00am	4 classes

Winter Session 3

#15824	\$130; \$100JCC Members
Thur	Feb 7-Feb 28
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**

Winter Session 1

#15832	\$93; \$72 JCC Members
Mon	Dec 3-Jan 7
9:15-10:00am	4 classes

#15833	\$62; \$48 JCC Members
Thur	Dec 13-Jan 3
7:30-8:00pm	4 classes

Winter Session 2

#15834	\$93; \$72 JCC Members
Mon	Jan 14-Feb 4
9:15-10:00am	4 classes

#15835	\$62; \$48 JCC Members
Thur	Jan 10-Jan 31
7:30-8:00pm	4 classes

Winter Session 3

#15836	\$93; \$72 JCC Members
Mon	Feb 11-March 4
9:15-10:00am	4 classes

#15837	\$62; \$48 JCC Members
Thur	Feb 7-Feb 28
7:30-8:00pm	4 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

Winter Session 1

#15815	\$86; \$66 JCC Members
Mon and Wed	Dec 26-Jan 2 (no class 12/24, 12/31)
5:15-6:15pm	4 weeks/6 classes

Winter Session 2

#15817	\$114; \$88 JCC Members
Mon and Wed	Jan 7-Jan 30
5:15-6:15pm	4 weeks/8 classes

Winter Session 3

#15816	\$114; \$88 JCC Members
Mon and Wed	Feb 4-Feb 27
5:15-6:15pm	4 weeks/8 classes

FITNESS FORE GOLF

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 during your off season. **Trainer: Kevin Heck**

Winter Session 1

#15818	\$94; \$72 JCC Members
Wed	Dec 5-Dec 26
5:30-6:30pm	4 classes

Winter Session 2

#15819	\$94; \$72 JCC Members
Wed	Jan 2-Jan 23
5:30-6:30pm	4 classes

Winter Session 3

#15820	\$94; \$72 JCC Members
Wed	Feb 6-Feb 27
5:30-6:30pm	4 classes

FUNCTIONAL MOVEMENT SCREENING AND IMPROVEMENT

Improper movement patterns are identified through a screening process. This program progressively targets key problem areas and teaches you how to compliment your current workouts with improved mobility, stability, and strength. **Trainer: Joshua Waxdahl**

Winter Session

#15821	\$144; \$120 JCC Members
Mon	Ongoing
6:00-7:00pm	6 classes

NEW @ THE J

PILATES REFORMER FUNDAMENTALS - NEW

The Pilates Reformer is a supportive exercise machine designed to strengthen and elongate your body. If you've always been curious about reformer Pilates but didn't know where to start, this six week session is the class for you.

Trainer: Jaimie Morimotok

Winter Session 1

#15841 \$156; \$120 JCC Mbrs
Tues Jan 15-Feb19
12:30-1:30pm 4 classes

ADVANCED BALANCE & MOBILITY - NEW

Our 5-week program provides activities to enhance your balance and decrease your risk of falling. Work on the multiple factors that contribute to balance and mobility. This program is based on research, tested in a range of settings, and proven to be successful.

Trainer: Chris Head

Winter Session 1

#15842 \$130; \$100 JCC Mbrs
Tues Dec 4-Jan 15 (no class 12/25, 1/1)
12:30-1:30pm 5 classes

TRX 60+ - NEW

The TRX suspension trainer challenges the core, stability and balance. With regular practice using the TRX incorporating dynamic movements makes this an excellent training tool to make activities of daily living easier along with increased full-body mobility.

Heidi Weinberg

Winter Session 1

#15838 \$94; \$72 JCC Mbrs
Fri Dec 7-Jan 18 (no class 12/28)
10:00-10:45am 6 classes

Winter Session 2

#15839 \$94; \$72 JCC Mbrs
Fri Jan 25-March 1
10:00-10:45am 6 classes

MOVE 2B HEALTHY

On-going M/W/F: 8:50 - 9:25 AM
Monthly fee: \$78; \$60JCC Members
No Class July 4 & September 3

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.

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**

Winter Session 1

#15825 \$117; \$90 JCC Members
Mon Dec 10-Jan 28
4:00-5:00pm 5 classes

Winter Session 2

#15826 \$117; \$90 JCC Members
Mon Feb 4-March 4
4:00-5:00pm 5 classes

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**

Winter Session 1

#15830 \$72; \$50 JCC Members
Thur Jan 17-Feb 21
6:00-7:05pm 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**

Winter Session 1

#15840 \$85; \$65 JCC Members
Tue Jan 29-March 5
11:30-12:30pm 6 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.

TRI TRAINING SERIES SCHEDULED APPOINTMENTS BASED ON CLIENT AVAILABILITY

Monthly progression designed to prepare you for a triathlon of your choice with a maximum peak performance towards race readiness in 12-20 weeks.
4 Week Session: \$144; \$120 JCC Members.

SPECIALTY TRAINING FOR PARKINSON'S

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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