

health &  
wellness

at the  
Sabes JCC

**Drop-in training  
option available.**  
\$40; \$30 Members

**Please note:**

*Drop-ins are based on  
space availability and will  
not receive weekly online  
training programs.*



# Triathlon Training Group

**WHEN:** Sundays, March 24th - August 4th

(no class 4/14, 4/21, 5/12, or 6/28)

**TIME:** 9:00am-10:15am

(Due to pool availability, the group will meet from 8:00-9:15am on 3/24, 4/28,  
5/19 and 6/9)

**LOCATION:** Sabes JCC

**COST:** \$624; \$480 Member Value Price

(monthly payment option available)

This program is intended to prepare you for a triathlon of your choice with monthly progression.

**Program Includes:**

- Individualized online weekly programming
- TrainingPeaks membership during the 20 week period
- 16 weekly triathlon group focused workouts.
- Including swim, bike, run, mobility, flexibility and strength training.
- Focus on technique and building/progressions to reach goals.
- Strategy techniques (nutrition, transition, swim, and bike)

**Questions?** Contact Jory Kircher at 952-381-3418 or [jkircher@sabesjcc.org](mailto:jkircher@sabesjcc.org)



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