

# health & wellness

## Spring 2019

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

## 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**

#### Spring Session 1

#16036	\$130; \$100 JCC Members
Thur	March 7-March 27
6:00-7:00am	4 classes

#### Spring Session 2

#16037	\$130; \$100 JCC Members
Thur	April 4-May 2 (no class 4/18)
6:00-7:00am	4 classes

#### Spring Session 3

#16038	\$130; \$100 JCC Members
Thur	May 9-May 30
6:00-7:00am	4 classes

### TRX 60+

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**

#### Spring Session 1

#16046	\$94; \$72 JCC Mbrs
Thur	Mar 14-April 25 (no class 4/18)
10:00-10:45am	6 classes

#### Spring Session 2

#16047	\$94; \$72 JCC Mbrs
Thur	May 9-June 13
10:00-10:45am	6 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**

#### Spring Session 1

#16041	\$117; \$90 JCC Members
Mon	March 18-April 15
4:00-5:00pm	5 classes

#### Spring Session 2

#16042	\$117; \$90 JCC Members
Mon	Apr 29-Jun 3 (no class 5/27)
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**

#### Spring Session 1

#16029	\$114; \$88 JCC Members
Mon and Wed	Mar 4-Mar 27
5:15-6:15pm	4 weeks/8 classes

#### Spring Session 2

#16030	\$86; \$66 JCC Members
Mon and Wed	April 1-May 1 (no class 4/15, 4/17, 4/22, 4/24)
5:15-6:15pm	3 weeks/6 classes

#### Spring Session 3

#16031	\$86; \$66 JCC Members
Mon and Wed	May 6-May 22
5:15-6:15pm	3 weeks/6 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**

#### Spring Session 1

#16032	\$94; \$72 JCC Members
Wed	March 6-March 26
9:00-10:00am	4 classes

#### Spring Session 2

#16033	\$94; \$72 JCC Members
Wed	April 3-May 1 (no class 4/17)
9:00-10:00am	4 classes

#### Spring Session 3

#16034	\$94; \$72 JCC Members
Wed	May 8-May 29
9:00-10:00am	4 classes

### GETTING BACK YOUR SELF - NEW

Recondition, start moving safely, get emotional and physical support- a class for women going through and recovering from cancer, with a trainer who has been there.

**Hinda Dukes**

#### Spring Session 1

#16045	\$117; \$90 JCC Mbrs
Mon	May 6-June 10
11:00-12:00pm	4 classes

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## PILATES REFORMER FUNDAMENTALS

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 Morimoto**

### Spring Session 1

#16039 \$156; \$120 JCC Mbrs  
Wed March 6-April 10  
9:15-10:15am 6 classes

### Spring Session 2

#16040 \$156; \$120 JCC Mbrs  
Wed April 24-May 29  
9:15-10:15am 6 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**

### Spring Session 1

#16043 \$77; \$60 JCC Members  
Thur March 14-April 18  
6:00-7:15pm 6 classes

### Spring Session 2

#16044 \$77; \$60 JCC Members  
Thur April 25-May 30  
6:00-7:15pm 6 classes

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

## 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.

## 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

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.**

## TRI TRAINING SERIES

Monthly progression designed to prepare you for a triathlon of your choice with a maximum peak performance towards race readiness. 16 weekly group triathlon focused workouts. Individualized online tri programming including swim, bike, and run. Focus on technique, progressions, and strategies to reach your goal.

# 16056

Sun \$624; \$480 JCC Members  
9:00-10:15am March 24-Aug 4

*\*Schedule can vary*

**If interested, please contact Jennifer Wetteland at [jwetteland@sabesjcc.org](mailto:jwetteland@sabesjcc.org)**



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