

health & wellness

Summer 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**

Summer Session 1

#00000	\$130; \$100 JCC Members
Thur	June 6-June 27
6:00-7:00am	4 classes

Summer Session 2

#00000	\$130; \$100 JCC Members
Thur	July 11-August 1
6:00-7:00am	4 classes

Summer Session 3

#00000	\$130; \$100 JCC Members
Thur	August 8-August 29
6:00-7:00am	4 classes



CARDIO AND MOBILITY

This class is 20 minutes of cardio utilizing the aerobic equipment on the fitness floor + 40 minutes strength and stretch combo to create healthy mobility for your everyday activities.

Trainer: Jennifer Wetteland

Summer Session 1

#00000	\$114; \$88 JCC Members
Mon and Wed	June 3-June 26
8:30-9:30pm	4 weeks

Summer Session 2

#00000	\$114; \$88 JCC Members
Mon and Wed	July 8-July 31
8:30-9:30pm	4 weeks

Summer Session 3

#00000	\$114; \$88 JCC Members
Mon and Wed	August 5-August 28
8:30-9:30pm	4 weeks

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

Summer Session 1

#00000	\$114; \$88 JCC Members
Mon and Wed	June 3-June 26
5:15-6:15pm	4 weeks

Summer Session 2

#00000	\$114; \$88 JCC Members
Mon and Wed	July 8-July 31
5:15-6:15pm	4 weeks

Summer Session 3

#00000	\$114; \$88 JCC Members
Mon and Wed	August 5-August 28
5:15-6:15pm	4 weeks

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

Summer Session 1

#00000	\$62; \$48 JCC Mbrs
Thur	June 20-July 11
10:00-10:45am	4 classes

Summer Session 2

#00000	\$62; \$48 JCC Mbrs
Thur	August 1-September 5
10:00-10:45am	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**

Summer Session 1

#00000	\$117; \$90 JCC Members
Mon	June 17-July 15
4:00-5:00pm	5 classes

Summer Session 2

#00000	\$117; \$90 JCC Members
Mon	July 29-August 26
4:00-5:00pm	5 classes

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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

Summer Session 1

#00000 \$77; \$60 JCC Members
Thur July 11-Aug 15
6:00-7:15pm 6 classes

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



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.



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.

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

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