

health & wellness

Fall 2019

SESSION DATES

Session 1: Sept 9 - Oct 6

Session 2: Oct 7 - Nov 3

Session 3: Nov 4 - Dec 1

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

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**

Fall Session 1

#16672 \$130; \$100 JCC Members
Thur 4 classes
6:00-7:00am

Fall Session 2

#16673 \$130; \$100 JCC Members
Thur 4 classes
6:00-7:00am

Fall Session 3

#16674 \$130; \$100 JCC Members
Thur 4 classes (no class 11/28)*
6:00-7:00am *Alternate make up that week.



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**

Fall Session 1

#16657 \$100; \$77 JCC Members
Mon and Wed 7 classes (no class 9/30)
8:30-9:30pm

Fall Session 2

#16658 \$100; \$77 JCC Members
Mon and Wed 7 classes (no class 10/9)
8:30-9:30pm

Fall Session 3

#16659 \$114; \$88 JCC Members
Mon and Wed 8 classes
8:30-9:30pm

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 1A

#16666 \$100; \$77 JCC Members
Mon and Thur 7 classes (no class 9/30)
4:15-5:15pm

Fall Session 1B

#16667 \$100; \$77 JCC Members
Mon and Wed 7 classes (no class 9/30)
5:15-6:15pm

Fall Session 2A

#16668 \$114; \$88 JCC Members
Mon and Thur 8 classes
4:15-5:15pm

Fall Session 2B

#16669 \$100; \$77 JCC Members
Mon and Wed 7 classes (no class 10/9)
5:15-6:15pm

Fall Session 3A

#16670 \$100; \$77 JCC Members
Mon and Thur 7 classes (no class 11/28)
4:15-5:15pm

Fall Session 3B

#16671 \$114; \$88 JCC Members
Mon and Wed 8 classes
5:15-6:15pm

TRX 60+

The TRX suspension trainer challenges the core, stability and balance. 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

Fall Session 1

#16684 \$62; \$48 JCC Mbrs
Thur 4 classes
10:00-10:45am

Fall Session 2

#16685 \$62; \$48 JCC Mbrs
Thur 4 classes
10:00-10:45am

Fall Session 3

#16686 \$62; \$48 JCC Mbrs
Thur 4 classes (no class 11/28)*
10:00-10:45am *Alternate make up that week.



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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.

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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

#16678 \$71; \$54 JCC Members
Mon 3 classes (no class 9/30)
4:00-5:00pm

Fall Session 2

#16679 \$94; \$72 JCC Members
Mon 4 classes
4:00-5:00pm

Fall Session 3

#16680 \$94; \$72 JCC Members
Mon 4 classes
4:00-5:00pm

NEW! ELDOA

ELDOA is a revolutionary technique created by world renowned Osteopath Dr. Guy Voyer. This technique of muscle stretching is designed for widening the space within a chosen articulation. It is one of the safest and most effective ways to create space, balance, and correcting posture in the body.

Fall Session 1

#16660 \$95; \$72 JCC Members
Fri 4 classes
8:00-8:55am

Fall Session 2

#16661 \$95; \$72 JCC Members
Fri 4 classes
8:00-8:55am

Fall Session 3

#16662 \$95; \$72 JCC Members
Fri 4 classes
8:00-8:55am

NEW! ENDURANCE TRAINING

This is a 75 min workout, preparing your body and mind for the effect of running after biking. This class focuses on becoming more efficient and faster. Any experience with endurance sports is welcomed.

Fall Session 1

#16663 \$54; \$41 JCC Members
Sun 3 classes (no class 9/29)
9:00-10:15am

Fall Session 2

#16664 \$72; \$54 JCC Members
Sun 4 classes
9:00-10:15am

Fall Session 3

#16665 \$72; \$54 JCC Members
Sun 4 classes
9:00-10:15am

NEW! BEGINNERS SWING DANCING FOR NON-DANCERS

Interested in learning Swing Dance? Come join our four week Beginners "Swing dancing for Non-Dancers" her at the JCC. We will teach you the foundation of swing that makes this historic Jazz dance fun and social.

Fall Session 1

#16681 \$58; \$48 JCC Members
Thur 4 classes
7:15-8:15pm

Fall Session 2

#16682 \$58; \$48 JCC Members
Thur 4 classes
7:15-8:15pm

Fall Session 3

#16683 \$58; \$48 JCC Members
Thur 4 classes
7:15-8:15pm



INTERMEDIATE SWING DANCING

Ready for more? Join the Intermediate class and learn how to spice up your swing! Now that you have the foundation of swing, we will jump right into intermediate sequence and moves. This is the perfect blend of challenging and fun that will keep you coming back for more!

Fall Session 1

#16675 \$58; \$48 JCC Members
Thur 4 classes
6:00-7:00pm

Fall Session 2

#16676 \$58; \$48 JCC Members
Thur 4 classes
6:00-7:00pm

Fall Session 3

#16677 \$58; \$48 JCC Members
Thur 4 classes
6:00-7:00pm

YOUTH KARATE

(ages 6-15)

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

YOUTH BATON TWIRLING

(ages 5-18)

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