

health &
wellness

at the
Sabes JCC



Cardio and Mobility for 65+

DAY/TIME: Mondays & Wednesdays • 8:30 - 9:30 AM

LOCATION: Sabes JCC

COST: \$114 • \$88 Member Value Price*

FALL 2019 SESSIONS:

1: September 9 - October 6 | *\$100 • \$77 7 classes (no class 9/30)

2: October 7 - November 3 | *\$100 • \$77 7 classes (no class 10/9)

3: November 4 - December 1

Did you know that exercising over the age of 65 is not just about your heart health but also about maintaining and improving your strength, balance and coordination.

Join us for this class that will consist of 20 minutes of cardio utilizing the aerobic equipment on the fitness floor and 40 minutes strength and stretch combo to create healthy mobility for your everyday activities.

Questions? Please contact Jory Kircher at jkircher@sabesjcc.org or 952-381-3418.

sabesjcc.org



sabes jcc
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