

health &
wellness

at the
Sabes JCC



NEW! Endurance Training

DAY/TIME: Sundays • 9:00 - 10:15 AM

LOCATION: Sabes JCC

COST: \$54 • \$72 Member Value Price*

FALL 2019 SESSIONS:

1: September 9 - October 6 | *\$54 • \$41 *3 classes (no class 9/29)*

2: October 7 - November 3

3: November 4 - December 1

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 on the endurance portion of the triathlon. Come learn all the tips and skills for mobility and efficiency to complete a triathlon. Any experience with triathlons is welcomed.

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

sabesjcc.org



sabes jcc
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