

health &
wellness

at the
Sabes JCC



Express Cardio and Strength

DAY/TIME: Mondays and Thursdays • 4:15 - 5:15 PM

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

3: Nov 4 - December 1 | *\$100 • \$77 7 classes (no class 11/28)

Maximize your workout with this express class that focuses on strengthening the core and improving balance, with 30 min. of variable cardio techniques and 30 min. of circuit style training. Hand-held weights and an exercise ball are used to increase muscle strength, range of movement, and to improve upon activities for daily living.

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

sabesjcc.org



sabes jcc
minneapolis

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