

health &
wellness

at the
Sabes JCC



Integrated Training

Instructor: Kevin Heck

DAY/TIME: Thursdays • 6:00 - 7:00 AM

LOCATION: Sabes JCC

COST: \$130 • \$100 Member Value Price

FALL 2019 SESSIONS:

1: September 9 - October 6

2: October 7 - November 3

3: November 4 - December 1

Integrated training takes the best of all types of training and puts it together into one useable format. There are many benefits to be had from different types and styles of training. Using kettlebells, TRX, weights, ropes, plyos and body weight exercises, you will build strength, stability, and tone, while improving cardiovascular fitness.

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

sabesjcc.org



sabes jcc
minneapolis