

health & wellness

Winter 2019

SESSION DATES

Session 1: Dec 2 - Jan 5

Session 2: Jan 6 - Feb 2

Session 3: Feb 3 - Mar 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**

Winter Session 1

#16930	\$130; \$100 JCC Members
Tues	4 classes
6:00-7:00am	(no class 12/24)

Winter Session 2

#16931	\$130; \$100 JCC Members
Tues	4 classes
6:00-7:00am	

Winter Session 3

#16932	\$130; \$100 JCC Members
Tues	4 classes
6:00-7:00am	



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**

Winter Session 1

#16921	\$114; \$88 JCC Members
Mon and Wed	8 classes
8:30-9:30am	(no class 12/25 & 1/1)

Winter Session 2

#16922	\$114; \$88 JCC Members
Mon and Wed	8 classes
8:30-9:30am	

Winter Session 3

#16923	\$114; \$88 JCC Members
Mon and Wed	8 classes
8:30-9:30am	

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**

Winter Session 1A

#16915	\$114 \$88 JCC Members
Mon and Thur	8 classes
4:15-5:15pm	(no class 12/26 & 1/2)

Winter Session 2A

#16916	\$114 \$88 JCC Members
Mon and Thur	8 classes
4:15-5:15pm	

Winter Session 3A

#16917	\$114 \$88 JCC Members
Mon and Thur	8 classes
4:15-5:15pm	

Winter Session 1B

#16918	\$114 \$88 JCC Members
Mon and Thur	8 classes
5:15-6:15pm	(no class 12/25 & 1/1)

Winter Session 2B

#16919	\$114 \$88 JCC Members
Mon and Thur	8 classes
5:15-6:15pm	

Winter Session 3B

#16920	\$114 \$88 JCC Members
Mon and Thur	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**

Winter Session 1

#16927	\$62; \$48 JCC Mbrs
Thur	4 classes
10:00-10:45am	(no class 12/26)

Winter Session 2

#16928	\$62; \$48 JCC Mbrs
Thur	4 classes
10:00-10:45am	

Winter Session 3

#16929	\$62; \$48 JCC Mbrs
Thur	4 classes
10:00-10:45am	



sabes jcc
minneapolis

health & wellness

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.

NEW! ARMED COMBAT & TACTICS

A.C.T. is both an effective combat/self-defense system and a great workout! Learn to use empty-hand techniques and weapon simulators that are specifically designed for the most efficient training, while maintaining safety.

Thursdays (ongoing) @ 7:15 PM
Various packages offered.

For questions, contact Jory Hossalla at jhossalla@sabesjccc.org

sabesjccc.org

ENDURANCE TRAINING & EDOLA

This is a 75 minute workout. This class will help improve your endurance efficiency and speed. Workouts will vary week to week (hills, speed, tempo, etc) and focus on proper biomechanics while running. Each session will end with ELDOA. A technique of muscle stretching designed to create space in the spine and create better muscular and neurological balance.

Winter Session 1

#16924 \$95; \$72 JCC Members
Sun 4 classes
9:00-10:15am (no class 12/29)

Winter Session 2

#16925 \$95; \$72 JCC Members
Sun 4 classes
9:00-10:15am

Winter Session 3

#16926 \$95; \$72 JCC Members
Sun 4 classes
9:00-10:15am



BEGINNERS SWING DANCING FOR NON-DANCERS

We start from ground zero and take it step by step so even the rhythmically challenged will come away with the confidence to step out on the dance floor! We ALL start somewhere, so don't let those "two left feet" get in the way of having a blast while learning to swing dance!

Winter Session 2

#16936 \$58; \$48 JCC Members
Thur 4 classes
7:15-8:15pm

Winter Session 3

#16937 \$58; \$48 JCC Members
Thur 4 classes
7:15-8:15pm



INTERMEDIATE SWING DANCING

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!

Winter Session 2

#16938 \$58; \$48 JCC Members
Thur 4 classes
6:00-7:00pm

Winter Session 3

#16939 \$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**



**sabes jcc
minneapolis**