health & wellness

at the Sabes JCC

Endurance Training & Eldoa

DAY/TIME: Sundays • 9:00 - 10:15 AM
LOCATION: Sabes JCC
COST: $95 • $72 Member Value Price*
WINTER 2019 SESSIONS:
1: December 8 - January 5
2: January 12 - February 2
3: February 9 - March 1

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.

sabesjcc.org

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

sabes jcc minneapolis