

health &  
wellness

at the  
Sabes JCC

COST

**Session 1:**

\$114 • \$88 Member  
Value Price

**Session 2:**

\$88.50 • \$66 Member  
Value Price

**Session 3:**

\$100 • \$77 Member  
Value Price



# Express Cardio and Strength

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

**LOCATION:** Sabes JCC

**COST:** Varies by Session; See Sidebar

**SPRING 2020 SESSIONS:**

1: March 2 - March 23

2: March 30 - April 27 *\*No class 4/6, 4/9, 4/13 & 4/16*

3: May 4 - May 31 *\*No class 5/25*

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](mailto:jkircher@sabesjcc.org) or 952-381-3418.

[sabesjcc.org](http://sabesjcc.org)



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minneapolis

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