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 or 952-381-3418.
Express Cardio and Strength

DAY/TIME: Mondays and Wednesdays • 5:15 - 6:15 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, 4/8, 4/13 & 4/15
3: May 4 - May 31 *No class 5/25

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