

# health & wellness

## Spring 2020

### SESSION DATES

Session 1: Mar 2 - Mar 23

Session 2: Mar 30 - Apr 27

Session 3: May 4 - May 31

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**

#### Spring Session 1

|             |                          |
|-------------|--------------------------|
| #17172      | \$130; \$100 JCC Members |
| Tues        | 4 classes                |
| 6:00-7:00am |                          |

#### Spring Session 2

|             |                          |
|-------------|--------------------------|
| #17173      | \$130; \$100 JCC Members |
| Tues        | 4 classes                |
| 6:00-7:00am | (no class 4/7)           |

#### Spring Session 3

|             |                          |
|-------------|--------------------------|
| #17174      | \$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**

#### Spring Session 1

|             |                         |
|-------------|-------------------------|
| #17160      | \$114; \$88 JCC Members |
| Mon and Wed | 8 classes               |
| 8:30-9:30am |                         |

#### Spring Session 2

|             |                                  |
|-------------|----------------------------------|
| #17161      | \$88.50; \$66 JCC Members        |
| Mon and Wed | 4 classes                        |
| 8:30-9:30am | (no class 4/6, 4/8, 4/13 & 4/15) |

#### Spring Session 3

|             |                         |
|-------------|-------------------------|
| #17162      | \$100; \$77 JCC Members |
| Mon and Wed | 7 classes               |
| 8:30-9:30am | (no class 5/25)         |

## 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**

#### Spring Session 1A

|              |                         |
|--------------|-------------------------|
| #17166       | \$114; \$88 JCC Members |
| Mon and Thur | 8 classes               |
| 4:15-5:15pm  |                         |

#### Spring Session 2A

|              |                                  |
|--------------|----------------------------------|
| #17167       | \$85.50; \$66 JCC Members        |
| Mon and Thur | 4 classes                        |
| 4:15-5:15pm  | (no class 4/6, 4/9, 4/13 & 4/16) |

#### Spring Session 3A

|              |                         |
|--------------|-------------------------|
| #17168       | \$100; \$77 JCC Members |
| Mon and Thur | 7 classes               |
| 4:15-5:15pm  | (no class 5/25)         |

#### Spring Session 1B

|             |                         |
|-------------|-------------------------|
| #17169      | \$114; \$88 JCC Members |
| Mon and Wed | 8 classes               |
| 5:15-6:15pm |                         |

#### Spring Session 2B

|             |                                  |
|-------------|----------------------------------|
| #17170      | \$85.50; \$66 JCC Members        |
| Mon and Wed | 4 classes                        |
| 5:15-6:15pm | (no class 4/6, 4/8, 4/13 & 4/15) |

#### Spring Session 3B

|             |                         |
|-------------|-------------------------|
| #17171      | \$100; \$77 JCC Members |
| Mon and Wed | 7 classes               |
| 5:15-6:15pm | (no class 5/25)         |

## 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**

#### Spring Session 1

|               |                     |
|---------------|---------------------|
| #17180        | \$62; \$48 JCC Mbrs |
| Thur          | 4 classes           |
| 10:00-10:45am |                     |

#### Spring Session 2

|               |                        |
|---------------|------------------------|
| #17181        | \$46.50; \$36 JCC Mbrs |
| Thur          | 3 classes              |
| 10:00-10:45am | (no class 4/2 & 4/9)   |

#### Spring Session 3

|               |                     |
|---------------|---------------------|
| #17182        | \$62; \$48 JCC Mbrs |
| Thur          | 4 classes           |
| 10:00-10:45am |                     |



sabes jcc  
minneapolis

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### STRENGTH TRAINING FOR WOMEN

Join other women dedicated to getting in great shape while exploring best practices and variations of specific exercises using free weights. **Trainer: Chris Head**

#### Spring Session 1

#17178 \$94; \$72 JCC Members  
Mon 4 classes  
4:00-5:00pm

#### Spring Session 2

#17179 \$94; \$72 JCC Members  
Mon 4 classes  
4:00-5:00pm (no class 4/6)

#### Spring Session 3

#17177 \$70.50; \$54 JCC Members  
Mon 3 classes  
4:00-5:00pm (no class 5/25)



### BEGINNING IN MARCH! TRI TRAINING SERIES

Monthly progression designed to prepare you for a triathlon of your choice with a maximum peak performance towards race readiness. 16 weekly group triathlon focused workouts. Individualized online tri programming including swim, bike, and run. Focus on technique, progressions, and strategies to reach your goal.

#17183  
Fri \$546  
8:15-9:30am March -Aug 2020  
*\*Schedule can vary*

#17184  
Sun \$546  
9:00-10:15am March -Aug 2020  
*\*Schedule can vary*

If interested, please contact Jennifer Wetteland at [jwetteland@sabesjcc.org](mailto:jwetteland@sabesjcc.org)

### 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.

### 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@sabesjcc.org](mailto:jhossalla@sabesjcc.org)



### YOUTH KARATE

(ages 6-15)

MONTHLY ON-GOING SESSIONS  
SUNDAYS 12:15-1 PM

Learn the ancient martial art of Tae Kwon Do style karate and advance through the belt levels at your own pace. This exciting class teaches kid-friendly karate basics, self-defense, and self-discipline.

### YOUTH BATON TWIRLING

(ages 5-18)

MONTHLY ON-GOING SESSIONS  
TUESDAYS 4:15-5:15 PM

In baton twirling you will learn hand/eye coordination, team work, individual goal setting & achieving, physical fitness and sportsmanship.

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