

health & wellness

Summer 2020

SESSION DATES

Session 1: July 13 - Aug 21

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 person or over zoom 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!

GLUTES AND CORE

The goal of this class is to increase stabilization and strength in the glutes and core so you can move through life with joy.

Trainer: Jennifer Wetteland

Summer Session 1

#17325	\$172; \$144 JCC Members
Tues and Thur	12 classes
10:00-10:40am	ZOOM ONLY



STRENGTH AND MOBILITY 65+

This class begins with a short warm-up and is followed by intervals of mobility and full body strength exercises to keep you strong and active. **Trainer: Jennifer Wetteland**

Summer Session 1

#17324	\$172; \$144 JCC Members
Mon and Wed	12 classes
9:30-10:10am	ZOOM ONLY



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

Summer Session 1

#17323	\$200 \$168 JCC Members
Mon and Thur	12 classes
4:30-5:30pm	IN PERSON ONLY



STRETCH

The focus of this class will vary from week to week-upper body, lower body, whole body, etc. We will use different techniques such as traditional stretching, fascial release, ELDOA, and PNF. Stretching or yoga strap is recommended, however not required.

Trainer: Jennifer Wetteland

Summer Session 1

#17326	\$72; \$60 JCC Members
Wed	6 classes
10:15-10:45am	ZOOM ONLY



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minneapolis