

## SPECIALTY TRAINING & PROGRAMS

Led by our personal trainers and specialty professionals, these programs take your fitness to the next level over the course of several weeks. Get personalized attention, either in person at the J or over Zoom, with limited participant roster size while you focus on specialized areas of fitness. These fee-based programs are designed to expand your limits and improve your overall health! **For more information, please contact Jory Hossalla at 952 + 381 3418.**

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### FALL 2020 // **SESSION 2: OCT 5–NOV 12**

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#### **EXPRESS CARDIO/STRENGTH**

Maximize your workout with 30 mins of variable cardio techniques and 30 mins of circuit style training. *Instructor: Jennifer Wetteland*

FALL SESSION 2

#18010

Mon and Thur

4:30–5:30 PM

\$200; \$168 Member Value Price

12 classes

IN PERSON ONLY



#### **STRENGTH AND MOBILITY 65+**

Class begins with a short warm-up, followed by intervals of mobility and full body strength exercises to keep you strong and active. *Instructor: Jennifer Wetteland*

FALL SESSION 2

#18011

Mon and Wed

9:30–10:10 AM

\$172; \$144 Member Value Price

12 classes

ZOOM ONLY



#### **GLUTES AND CORE**

Increase stabilization and strength in the glutes and core so you can move through life with joy. *Instructor: Jennifer Wetteland*

FALL SESSION 2

#18012

Tues and Thur

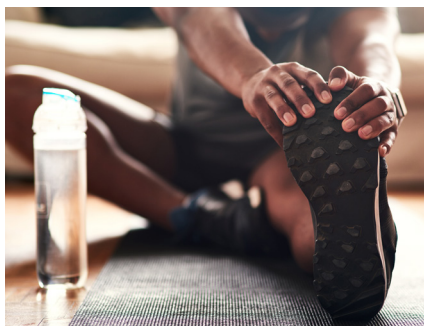
10:00–10:40 AM

\$172; \$144 Member Value Price

12 classes

ZOOM 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.

*Instructor: Jennifer Wetteland*

FALL SESSION 2

#18013 \$72; \$60 Member Value Price  
Wednesday 6 classes  
10:15–10:45 AM ZOOM ONLY



### BOOTCAMP: KETTLEBELLS

Join us for this bootcamp style class where we focus on workouts using Kettlebells! Kettlebells will be rented out to each participant during the class duration. *Instructor: Shayna*

FALL SESSION 2

#18014 \$172; \$144 Member Value Price  
Tues and Thur 12 classes  
7:00–7:45 AM ZOOM ONLY



### KETTLEBELLS/TRX FUSION

This strength and conditioning class combines Kettlebells and the TRX suspension to bring a different dimension to your workouts!

*Instructor: Shayna*

FALL SESSION 2

#18015 \$172; \$144 Member Value Price  
Tues and Thur 12 classes  
8:00–8:45 AM IN PERSON ONLY



### DYNAMIC BALANCE

Dynamic balance can help enhance skills that are relevant to a number of activities of daily living. This class will have a progressive approach to stabilization. *Instructor: Chris Head*

FALL SESSION 2

#18017 \$172; \$144 Member Value Price  
Tues and Thur 12 classes  
11:00–11:40 AM ZOOM ONLY



### YOGA SCULPT

Yoga sculpt will define and refine your practice. Learn how to adapt your breathing to bouts of cardio, build lean muscles with strength, all while using classic poses from yoga. *Instructor: Shayna*

FALL SESSION 2

#18016 \$172; \$144 Member Value Price  
Tues and Thur 12 classes  
10:00–10:45 AM ZOOM ONLY

