SPRING 2021 // SESSION 1: MAR 22–APR 29

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 Teri Zahringer at 952.381.3418.

EXPRESS CARDIO/STRENGTH
Maximize your workout with this interval style workout. Engage in a variety of exercises to get the heart rate up while building strength and cardio. Instructor: Jennifer

| Session 1 | #20985 | $143; $120 Member Value Price |
| Mon and Thur | 10 classes | IN PERSON ONLY |
| 4:30–5:15 PM |  |

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

| Session 1 | #20986 | $143; $120 Member Value Price |
| Mon and Wed | 10 classes | ZOOM ONLY |
| 9:30–10:10 AM |  |

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

| Session 1 | #20987 | $143; $120 Member Value Price |
| Tues and Thur | 10 classes | ZOOM ONLY |
| 10–10:40 AM |  |

STRETCH
The focus varies from week to week – upper body, lower body, whole body, etc, using different techniques such as traditional stretching, fascial release, ELDOA, and PNF. Stretching or yoga strap is recommended, but not required. Instructor: Jennifer

| Session 1 | #20988 | $72; $50 Member Value Price |
| Wednesday | 5 classes | ZOOM ONLY |
| 10:15–10:45 AM |  |
BOOTSAMP: KETTLEBELLS
Join us for this bootcamp style class focusing on workouts using Kettlebells! Kettlebells will be rented out to each participant during the class duration. Instructor: Shayna

SPRING 2021 SESSION 1
#20989 $172; $144 Member Value Price
Tues and Thur 12 classes
7–7:45 AM ZOOM ONLY

KETTLEBELLS/TRX FUSION
Combine Kettlebells and the TRX suspension that brings a different dimension to your workouts! Join Shayna for this strength and conditioning class. Instructor: Shayna

SPRING 2021 SESSION 1
#20990 $172; $144 Member Value Price
Tues and Thur 12 classes
8–8:45 AM IN PERSON ONLY

YOGA SCULPT
Define and refine your practice – learn how to adapt your breathing to bouts of cardio, build long, lean muscles with strength, all while stretching by using classic poses from yoga. Light to medium hand weights recommended. Instructor: Shayna

SPRING 2021 SESSION 1
#20991 $172; $144 Member Value Price
Tues and Thur 12 classes
10–10:45 AM ZOOM 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

SPRING 2021 SESSION 1
#20992 $172; $144 Member Value Price
Tues and Thur 12 classes
11–11:40 AM ZOOM ONLY