

## SUMMER 2021 // SESSION 2: JULY 26 –SEPT 2

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 [joryh@minnesotajcc.org](mailto:joryh@minnesotajcc.org).**



### EXPRESS CARDIO/STRENGTH

Maximize your workout with half time of variable cardio techniques and half time of circuit style training.

*Instructor: Jennifer*

#123180                      \$216; \$180 Member Value Price  
Mon and Thur              12 classes  
4:30–5:30 PM              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*

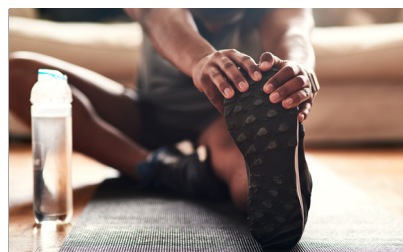
#123181                      \$172; \$144 Member Value Price  
Mon and Wed              12 classes  
9:30–10:10 AM              ZOOM ONLY



### GLUTES AND CORE - NEW HYBRID OPTION!

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

#123182                      \$172; \$144 Member Value Price  
Tues and Thur              12 classes  
10–10:40 AM              ATTEND VIA ZOOM OR IN PERSON!



### STRETCH

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

#123183                      \$86; \$60 Member Value Price  
Wednesday              6 classes  
10:15–10:45 AM              ZOOM ONLY



### WOMEN AND WEIGHTS - NEW!

Join other women dedicated to building muscle mass, strength, and endurance while exploring best practices and variations of strength training. *Instructor: Chris*

#123184                      \$172; \$144 Member Value Price  
Wednesday              6 classes  
3–3:50 PM              IN PERSON ONLY

