



Minnesota JCC



POUND WITH US **THIS ROCKTOBER!**

POUND CLASSES ARE BACK BEGINNING OCT 7

NO REGISTRATION REQUIRED, JUST COME JOIN US!

This Rocktober, it's time to rock, rage, and release. POUND is the cardio and strength workout where you'll smash the stix, torch calories, and escape into the music. No experience needed—just bring your energy and let loose.



SABES CENTER MINNEAPOLIS

Tuesdays • NOON-12:30 PM with Leah S
Thursdays • 6:10 AM with Leah S
Thursdays • Kim C's 5:15 PM Vinyasa Flow
is changing to Pound Unplugged (eff. 10/3)

CAPP CENTER ST. PAUL

Tuesdays • 6 PM with Molly M
Wednesdays • 5:45 AM with Kim C
Fridays • 9 AM with Mike L

Questions? Contact Jordan at jordanh@minnesotajcc.org.

