

Nutrition & Movement

Mondays | 10:00 AM - 10:50 AM | Via Zoom and/or in-person

Instructors Erin Vlasak & Jason Baron

Join us for an interactive and holistic workout experience! In this class, we'll cover a range of exercises, including isometric and isotonic routines, while also providing valuable nutritional guidance.

With just basic hand weights and a mat, students will receive experienced instruction on warming up, following a fitness regimen, cooling down effectively, and making informed dietary choices. Start your day right with us! Offered both online via Zoom and in-person.

About Our Instructors: Jason is a certified Group Fitness Instructor from the National Academy of Sports Medicine, and Erin is a Nutrition Coach from the same institution.

CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

Winter I | Monday Schedule | 8 Weeks

1/6, 1/13, 1/20 (OPEN), 1/27,
2/3, 2/10, 2/17, 2/24



PRICING

8 Wks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org
More info at www.abcommunityclasses.org