

## Nutrition & Movement

Thursdays | 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 certified Nutrition Coach from the same institution.

## SUMMER SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- July 11
- July 18
- July 25
- Aug 1
- Aug 8
- Aug 15
- Aug 22
- Aug 29



## PRICING

Summer Session,  
8-Weeks: \$360

## REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org). More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org). Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY