



**Above and Beyond  
Community  
Classes, Inc.  
Presents:**

**Fridays  
11-11:50am  
via Zoom or  
In-Person**

## **Friday Fitness Class with Jason Baron**

**Fall I Session 8 weeks: \$360.00**

**Fridays- 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27**

**Fall II Session 7 weeks: \$315.00**

**Fridays- 11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22**

**If anyone can make exercise fun...it is Jason! Get your workout in before the weekend with certified group fitness instructor, Jason Baron. Students will be taught proper stretching and warm up, followed by exercises that can be done anytime, anywhere and cool down exercises. Come on in and work your core, track your progress and enjoy working out with others in this live, interactive class.**

**To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)  
More info & bios @ <https://www.abcommunityclasses.org>**

**Open to the public, all are welcome!**

**Via Zoom or @ 35 West Main Street, Smithtown NY**