

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 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 | Thursday Schedule | 8 Weeks

1/2, 1/9, 1/16, 1/23,

1/30, 2/6, 2/13, 2/20, NO Class on 2/27



PRICING

8 Wks: \$360

REGISTRATION

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