

## 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.

## CLASS SCHEDULE

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

### Fall I- 8 Weeks

9/12, 9/19, 9/26, 10/3,  
10/10, 10/17, 10/24, 10/31

### Fall II- 7 Weeks

11/7, 11/14, 11/21, 12/5,  
12/12, 12/19, 12/26



## PRICING

Fall 1 (8 Wks): \$360  
Fall II (7 Wks): \$315

## REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org).  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org).