

## 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.

**Spring I | Monday Schedule | 8 Weeks**

3/3, 3/10, 3/17, 3/24,  
3/31, 4/7, 4/14, 4/21



## PRICING

8 Wks: \$360

## REGISTRATION

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