



**ABOVE AND BEYOND
COMMUNITY
CLASSES, INC.
PRESENTS:**



**Wednesdays 10-10:50am
via Zoom or In-Person**

FITNESS & WELLNESS: Wednesday Morning Workout

with Marisa M.

Join us Wednesdays at 10am via Zoom or in-person at our location in Hauppauge, NY as Marisa leads us through a complete workout. Students in-person and at home will learn techniques and exercises that they can use anywhere, anytime, and without any equipment. This ongoing and highly interactive class will get you up and moving on Monday mornings. This class also highlights the relationship between physical fitness and feeling energized and focused, and the importance of exercising for a healthy mind and body.

\$360.00 FOR 8 SESSIONS:

**SPRING I: 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19 OR
SPRING II: 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21**

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY