

Above and Beyond Community Classes, Inc. Presents:



Nutrition & Movement

With Erin Ulasak & Jason Baron

Mondays 10-10:50am via Zoom or In-Person

\$360.00- 8 Weeks of Winter- Jan & Feb '24

Mondays: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26

\$360.00- 8 Weeks of Spring I- March & April '24

**Mondays: 3/4, 3/11, 3/18, 3/25, 4/1-No Class,
4/8, 4/15, 4/22, 4/29**

This interactive class is offered via Zoom and in-person with the goals of offering students a complete isometric and isotonic workout along with a nutritional component. Using basic hand weights and a mat, students will receive proper instruction on how to warm up, complete a fitness routine, cool down and also make informed nutritional choices. Join us to start your day off right! Jason is a certified Group Fitness Instructor by National Academy of Sports Medicine. Erin is a certified Nutrition Coach by the National Academy of Sports Medicine.

**To register, email: chawkins@buexperience.org
More info & bios at <https://www.abcommunityclasses.org>**

Open to the public, all are welcome!

**Via Zoom or Blue Umbrella Experience Studio
@ 35 West Main St, Smithtown, NY**