



**Above and Beyond
Community
Classes, Inc.
Presents:**



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

Nutrition & Movement

**with Fitness Instructor
& Nutrition Coach**

This interactive class will be 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!

\$360.00 for 8 Sessions:

7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 35 West Main St, Smithtown, NY