



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



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

# **FITNESS & WELLNESS: Monday Morning Workout**

**with Marisa M.**

Join us Mondays 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: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 OR  
SPRING II: 5/1, 5/8, 5/15, 5/22, 5/29 (OFF), 6/5, 6/12, 6/19, 6/26**

To register, email: [chawkins@buexperience.org](mailto: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