

Above and Beyond Community Classes, Inc. Presents:



Friday Fitness Class with Jason Baron

Fridays 11-11:50am via Zoom or In-Person

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

Fridays: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

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

Fridays: 3/1, 3/8, 3/15, 3/22, 3/29-No Class, 4/5, 4/12, 4/19, 4/26

If anyone can make exercise fun...it is Jason! Get your workout in before the weekend with certified group fitness instructor, Jason Baron. Students will be taught proper stretching and warm up, followed by exercises that can be done anytime, anywhere and cool down exercises. Come on in and work your core, track your progress and enjoy working out with others in this live, interactive class.

To register, email: chawkins@buexperience.org

More info & bios @ <https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 35 West Main Street, Smithtown NY