

Friday Fitness!

Friday | 10:00 AM - 10:50 AM | Via Zoom and/or in-person

Instructor: Jason Baron

Join us for an invigorating and workout session led by the lively and certified group fitness instructor, Jason Baron! Kickstart your weekend with a dynamic exercise routine designed to make fitness enjoyable.

You'll begin with thorough stretching and warm-up routines, setting the stage for a series of exercises that can be seamlessly integrated into your daily routine, no matter where you are. Engage your core, track your progress, and revel in the camaraderie of fellow participants as you sweat it out together in this live, interactive class.

Don't miss out on the chance to elevate your fitness journey with Jason!

SUMMER SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- July 5
- July 12
- July 19
- July 26
- Aug 2
- Aug 9
- Aug 16
- Aug 23



PRICING

Summer Session,
8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org. More info at www.abcommunityclasses.org. Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY