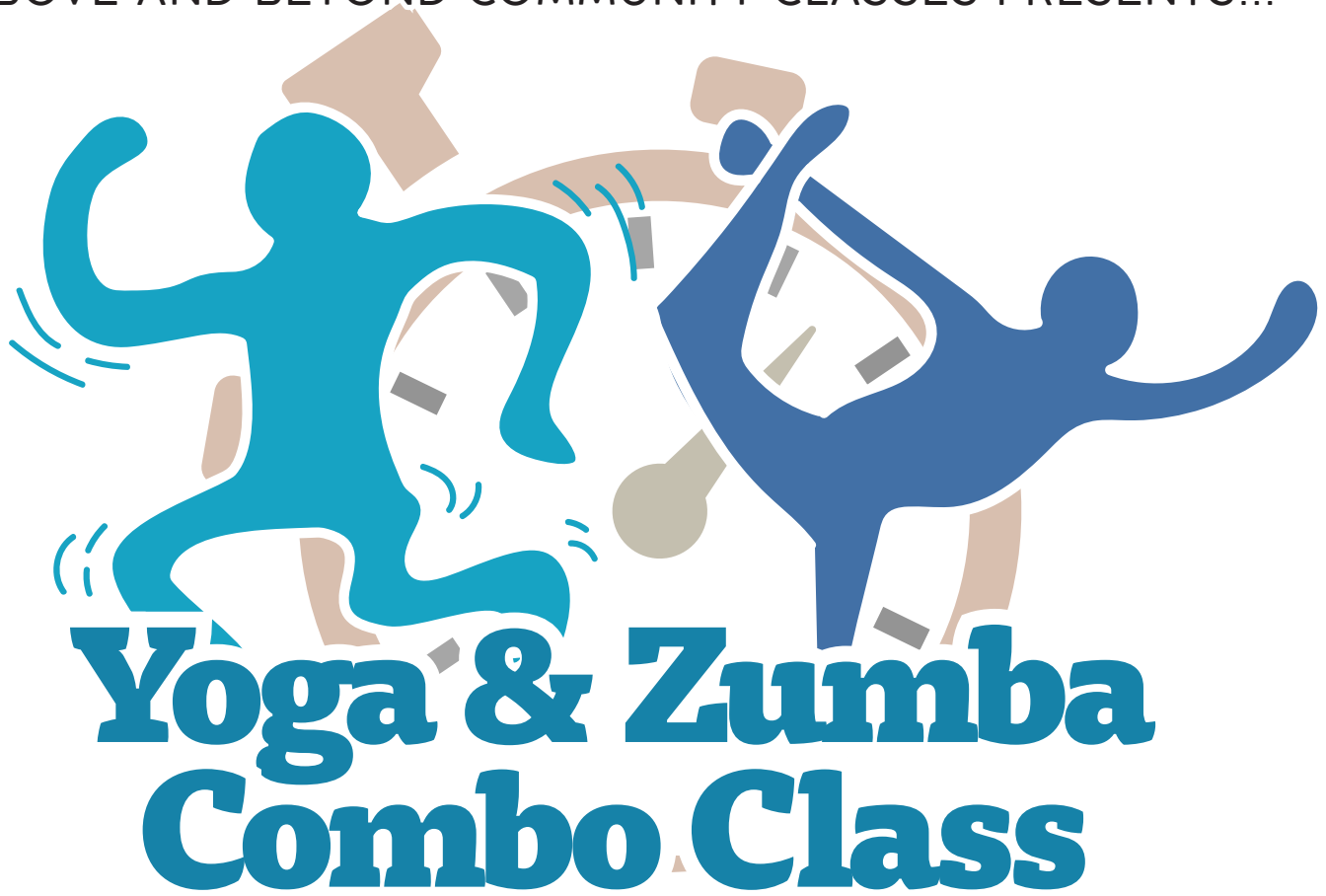


## Summer 2021 Classes

ABOVE AND BEYOND COMMUNITY CLASSES PRESENTS...



Certified Lead Instructor **MARISA MARMO**

Asst. Instructor(s) **ERIN VLASAK, M.S. & JASON BARON, M.S.**

**class description:** Start your week off right by joining Certified Yoga and Fitness Instructor Marisa as she blends her Yoga and Zumba training into this unique class! Each class will offer aspects of Yoga to assist with balance, breathing, posture and centering while Zumba movements will be incorporated to get our heart rates up. In each class, Marisa also makes sure to discuss practical health and wellness tips to encourage us towards our best version of our selves. This interactive class will follow the Hybrid model, offered via Zoom and in person at our location in Hauppauge. We look forward to seeing you!

**dates and times:** 8 Mondays • 10 - 10:50am  
6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16

**participation fee:** \$300.00 for 8 classes

**to register:** email [chawkins@buexperience.org](mailto:chawkins@buexperience.org)

open to the public and all abilities.  
see instructor's bio at [abcommunityclasses.org](http://abcommunityclasses.org)  
flyer created by SoH ArtWORKS

