

## Nutrition & Movement

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

Instructors Erin Vlasak & Jason Baron

Join us for an interactive and holistic workout experience! In this class, we'll cover a range of exercises, including isometric and isotonic routines, while also providing valuable nutritional guidance.

With just basic hand weights and a mat, students will receive experienced instruction on warming up, following a fitness regimen, cooling down effectively, and making informed dietary choices. Start your day right with us! Offered both online via Zoom and in-person.

About Our Instructors: Jason is a certified Group Fitness Instructor from the National Academy of Sports Medicine, and Erin is a certified Nutrition Coach from the same institution.

## CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

### Fall I- 8 Weeks

9/9, 9/16, 9/23, 9/30,  
10/7, 10/14, 10/21, 10/28

### Fall II- 7 Weeks

11/4, 11/11, 11/18, 11/25,  
12/2, 12/9, 12/16



## PRICING

Fall 1 (8 Wks): \$360  
Fall II (7 Wks): \$315

## REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org).  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org).