



**Above and Beyond  
Community  
Classes, Inc.  
Presents:  
  
Mondays  
10-10:50am  
via Zoom or In-Person**

# **Nutrition & Movement**

## **With Erin Ulasak & Jason Baron**

**\$360.00 for 8 Sessions of Fall I:**

**Mon-9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30**

**\$315.00 for 7 Sessions of Fall II:**

**Mon-11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18**

**This interactive class is offered via Zoom and in-person with the goals of offering students a complete isometric and isotonic workout along with a nutritional component. Using basic hand weights and a mat, students will receive proper instruction on how to warm up, complete a fitness routine, cool down and also make informed nutritional choices. Join us to start your day off right! Jason is a certified Group Fitness Instructor by National Academy of Sports Medicine. Erin is a certified Nutrition Coach by the National Academy of Sports Medicine.**

**To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)  
More info & bios at <https://www.abcommunityclasses.org>**

**Open to the public, all are welcome!  
Via Zoom or Blue Umbrella Experience  
@ 35 West Main St, Smithtown, NY**