

Mind-Body Mastery: Brain Fitness & Movement Strategies

WEDNESDAYS | 10:00-10:50 AM | INSTRUCTOR: CHRISTINA CAPEZZA
IN-PERSON & VIA ZOOM: SEPTEMBER-DECEMBER 2025

Only at BUE! Start your day off right with gentle exercise and mindful movement specifically geared toward a calm mind/active Brain. This unique, interactive class combines elements of neuroscience, physical education, mindfulness and functional movement to foster a holistic connection between our body and minds. Through interactive discussions, self-analysis, goal-setting exercises and hands-on activities, and utilizing her Fitness background, Christina's instruction will include:

- Understand the connection between our mind and body, including topics such as our Microbiome and the role a healthy gut/healthy body has on our brain
- Optimize cognitive performance to improve time and stress management
- Build long-term habits for improved planning, organization and goal-setting

Instruction will include how to incorporate a daily practice of visualization for optimal organization of your day, mindful breathing techniques and light exercise and gentle stretch movements to reduce stress, improve memory and focus- all while supporting personal goal achievement.

CLASS SCHEDULE

Wednesdays Fall I September-October &
Fall II November-December 2025

Fall I: 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

Fall II: 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17,
12/24-CLOSED-Christmas Eve
12/31-CLOSED-New Years Eve



PRICING

\$45/Class Hour

REGISTRATION

To register, email: chawkins@buexperience.org
More info at www.abcommunityclasses.org