

Nutrition & Movement

THURSDAYS | 10:00-10:50 AM | INSTRUCTORS: ERIN VLASAK & JASON BARON
IN-PERSON & VIA ZOOM: SEPTEMBER-DECEMBER 2025

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 Nutrition Coach from the same institution.

CLASS SCHEDULE

**Thursdays Fall I September-October &
Fall II November-December 2025**

Fall I: 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

Fall II: 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18,

12/25-CLOSED-Christmas Day,

12/1-CLOSED-New Years Day



PRICING

\$45/Class Hour

REGISTRATION

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