

Friday Fitness!

**FRIDAYS | 10:00-10:50 PM | INSTRUCTORS: JASON BARON
W/CHRISTINA CAPEZZA
IN-PERSON & VIA ZOOM: SEPTEMBER-DECEMBER 2025**

Join us for an invigorating and workout session led by the lively and certified group fitness instructor, Jason Baron! Kickstart your weekend with a dynamic exercise routine designed to make fitness enjoyable.

You'll begin with thorough stretching and warm-up routines, setting the stage for a series of exercises that can be seamlessly integrated into your daily routine, no matter where you are. Engage your core, track your progress, and revel in the camaraderie of fellow participants as you sweat it out together in this live, interactive class.

Don't miss out on the chance to elevate your fitness journey with Jason and also learn mindfulness, breathing exercises and mind-body awareness techniques from Christina!

CLASS SCHEDULE

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

Fall I: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17,
10/24, 10/31

Fall II: 11/7, 11/14, 11/21, 11/28, 12/5, 12/2, 12/19,
12/26-CLOSED



PRICING

\$45/Class Hour

REGISTRATION

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