

Nutrition & Movement

MONDAYS 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

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

**Fall I: 9/1-Closed-Labor Day, 9/8, 9/15, 9/22, 9/29
10/6, 10/13-Columbus Day, 10/20, 10/27**

**Fall II: 11/3, 11/10, 11/17, 11/24
12/1, 12/8, 12/15, 12/22, 12/29-Closed**



PRICING

\$45/Class Hour

REGISTRATION

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