

SPECIAL EVENTS

STRONG by Zumba Masterclass

FRIDAY, SEPTEMBER 22 • 9:30-10:30 AM

WITH MASTER INSTRUCTOR ANDREA KOZMA

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

BodyX Seven Day Detox and Workout

SATURDAY, SEPTEMBER 23 • 12:30 PM

OR SATURDAY, NOVEMBER 11 • 10:30 AM

DETOX \$175

WITH WORKOUT \$225 FOR THE WEEK!

Are you ready to give your body a break from the enormous amount of energy used on the constant strain of digestion. When we stop eating solid food, all that blood and energy is free to move to the brain, the skin, the liver, and elsewhere, giving our bodies a vacation, allowing it to turn to neglected issues, removing toxins, and ultimately having a rest.

When you decide to join the BodyX Detox and Workout, help yourself by cutting out some things a few days before like caffeine, alcohol, refined sugar, animal products and wheat. If you spend a few days eating raw foods, broths, juices and smoothies and drinking lots of water, it will lead to a more comfortable cleanse.

So let's get started! The first day of our meeting, we will go over the shopping list, preparation for the BodyX cleanse, recipes and tasting. In addition, you have the option of working out with Frances that week, Monday through Friday at 7:15 am to 8:00 am. You will be amazed in the way your body reacts and feels in such a short time! What are you waiting for?

Power Vinyasa Yoga

Join Master Teacher Regina Longo and BodyX for a special 75 minute Power Vinyasa Yoga class

SATURDAY, SEPTEMBER 23

11 AM-12:15 PM

FEE \$35

"Are you ready to experience the tools for greater insight, focus and awareness?..."

Regina is a highly trained Transformational Life Coach, Motivational Speaker and Yoga Teacher with over 20 years of experience in the health and wellness industry.

Through Regina's energy, integrity, passion and commitment it is her true hearts' desire to make a genuine and significant difference in other people's lives. Regina is dedicated to helping people discover and cultivate extraordinary results and reclaim their fullest potential. All that is required is the belief in the possibility of change!

Transforming lives and bodies, this power vinyasa practice will empower, strengthen, sculpt and tone your physical power, emotional wellbeing and spirituality. It is a true meditation for truthful living.

Launch Les Mills New Releases!

SATURDAY, OCTOBER 21

8:00 AM: BODYPUMP 103 LAUNCH

9:15 AM: HIIT KICKBOXING

10:00 AM: GRIT 22 LAUNCH

10:30 AM: CXWORX 28 LAUNCH

Join us for this fun filled day!

All classes are free for this big event! Bring a friend!

"What to Eat Now"

TUESDAY, OCTOBER 24 • 6:30 PM

A Get Savvy Mainline Event. Join us for an informational session lead by a panel of healthy eating experts. Tasty bites and cocktails will be provided! Look online for more information.

Kids Helping Kids! First Annual Toy and Food Drive

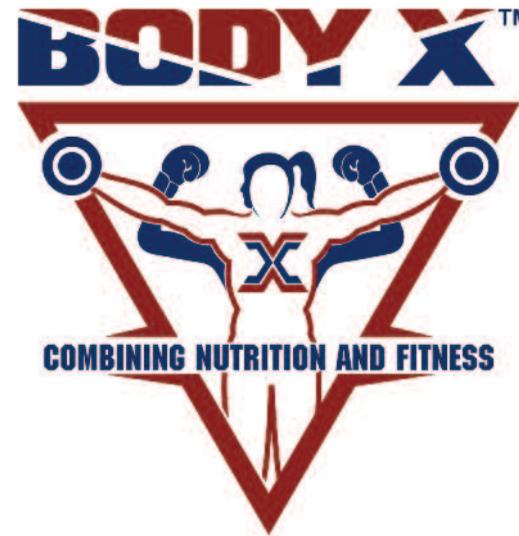
SATURDAY, DECEMBER 2 – FRIDAY, DECEMBER 21 FREE – Receive an Engine 2 Fire Rescue Button for your contribution!

Stop by and drop off a canned good or a unwrapped Holiday Present any hours of operation! All donations will be given to Project Home! The mission of the Project HOME community is to empower adults, children, and families to break the cycle of homelessness and poverty, to alleviate the underlying causes of poverty, and to enable all of us to attain our fullest potential as individuals and as members of the broader society. You can make a difference!

READY TO REGISTER?

STOP BY AND SEE US ANY TIME!

Visit our website at www.BodyX.com to sign up for a class
OR Download our BodyX App from the iTunes or Google Play Stores.



FITNESS & NUTRITION CLASS SCHEDULE

SEPTEMBER – DECEMBER 2017

22 N. Bryn Mawr Avenue, Rear
Bryn Mawr, PA

1.800.800.BODY (2639)

WWW.BODYX.COM



@BodyXNutritionFitness



@BodyXBrynMawr



@BodyXFitness

ABOUT OUR CLASSES

BodyX combines nutrition and fitness under one roof with an intimate class atmosphere with 1-on-1 training, and ultramodern state-of-the-art fitness equipment and culinary areas. No matter which class you choose, you'll always be challenged, and you will build real relationships with a community of people with common goals. All ages & abilities are welcome.

FITNESS CLASSES

Group Fitness Classes focusing on strength training, kickboxing and cardio. Offering LesMills BODYPUMP, CXWORX and GRIT. Also, HIIT, Circuit and Bootcamp kickboxing classes, STRONG by Zumba, Strength, Step, Resist & Move, and Teen Fitness & Kickboxing.

NUTRITION LECTURE

Educational 1 hour class on major topics regarding health, wellness, and nutrition.

DEMONSTRATION/LECTURE CLASS

Demonstration/Lecture classes last approximately 1 hour. Small tasting portions will be distributed throughout the class as Chef Frances show's us how to make each dish. Recipes will be included!

DEMONSTRATION/HANDS ON COOKING AND DINING

1 hour 30 min. Classes are a combination of chef demonstration and hands on cooking. All dishes created are served at the end of the class for a wonderful dining experience. BYOB.

NUTRITION LECTURES

How to Jump Start Your Metabolism, Naturally!

TUESDAY, SEPTEMBER 19

7:00 PM – 8:00 PM

FEE: \$28

Lecture class

Explore natural solutions to weight loss and the true value of being healthy and fit. Chef Frances will teach you about how the body's metabolism works, and ways to boost it. She'll also explain the effects of stress hormones on weight control - and how to manage them.

Fundamental Knife Skills

MONDAY, OCTOBER 16

7:00 PM – 8:00 PM

FEE: \$28

Hands-on

Learn the basic knife skills that every cook should know. Work on vegetables and fruits of all shapes and sizes, utilizing precision cuts to create classic French dishes that will quickly become part of your at-home repertoire. Cutlery to bring: 3 1/2" paring knife, a 6" utility knife and an 8" chef's knife.

Surviving the Holiday Party Circuit, Healthy and Happy!

TUESDAY, NOVEMBER 28

7:00 PM – 8:00 PM

FEE: \$28

Lecture class

When it comes to the Holiday season, balance is essential. It can be a time full of social events and eating and drinking in excess. Learn the strategies to help eat, drink and be merry without the guilt and regret. Find out what teas and foods are best to eat fore the "day after" feeling.

BodyX will be offering freshly baked energy muffins and smoothies daily!



DEMONSTRATION TASTING

Cooking for Health, Eating for Enjoyment: Food Allergies

THURSDAY, OCTOBER 5

7:00 PM – 8:00 PM

FEE: \$35

Lecture and Tasting

Food allergies are more common than ever and reactions can be mild to life-threatening. In this class, we'll learn how to identify the signs and symptoms of an allergic reaction and discuss treatments that are currently available. We'll also examine the complexities of identifying allergenic ingredients on food labels and on restaurant menus. Finally, we'll look at some creative ways to make food substitutions and learn how to cook with hypoallergenic foods.

On the Menu: Brown Rice Pasta with No-Nut Pesto, Gluten-Free Tart Tatin

Fun and Healthy Halloween Treats to make a Spooktacular Soiree!

SATURDAY, OCTOBER 28

1:00 AM – 12:30 PM

FEE: \$35

Demonstration/Hands-on All ages

Anyone who remembers Slimer from the Ghostbusters movies probably remembers the goo he left in his wake: a thick, slimy green mess that grossed out anyone who was unlucky enough to come in contact with it. (Sort of like wheatgrass!) A bright green smoothie isn't just reminiscent of spider guts or monster slime; it's also a delicious pick-me-up on a cool October day.

On the Menu: Gruesome Apple Bites, Creepy Crudites and Dips, Spooky Cupcakes

**ARE YOU LOOKING FOR
A PLACE TO HOLD YOUR...
Holiday event? Birthday Party?
Girls Night Out? Team Build?**

**ARE YOU LOOKING TO GIVE
SOMEONE YOU LOVE A NICE GIFT?**

Gift Certificates available.

Contact Chef Frances:

Frances@BodyX.com • 800-800-BODY

DEMONSTRATION/HANDS-ON COOKING AND HEALTHY DINING

Living in the Raw! Raw/Vegan Lifestyle

Dinner Demonstration

THURSDAY, SEPTEMBER 28

7:00 PM TO 8:30 PM

FEE: \$75

Learn the specifics about a raw food diet, why many claim it's health benefits. Explore why we cook our food and how it chemically changes essential enzymes and our bodily functions. It's the end of the day, so let's finish it with a bang! Easy to prepare, raw/vegan gourmet meals prepared before your eyes, not only will your mouth water, you'll get a piece of the action, too! Make healthy meals you and your family will enjoy time and time again!

ON THE MENU:

Mexican Theme: Tortilla Chip Soup, Taco's! you'll never guess their vegan!, Spanish Rice and Beans, Hola Sorbet!

Date Night: Argentina: A Food Tour from North to South

Dinner Demonstration

THURSDAY, OCTOBER 26

7:00 PM TO 8:30 PM

FEE: \$75

Save yourself the airfare and visit Argentina from north to south in this gustatory adventure. Experience recipes and flavors one might find in Gran Chaco, the Pampas, and Patagonia. This class will add a new dimension to your old repertoire of meat, poultry and fish preparation.

ON THE MENU:

Empanadas Salteñas (chicken-filled empanadas from the Salta Province), Pescado a la Criolla (Seafood Creole), Guiso de Calabaza, Lentejas, (pumpkin and lentil stew), Alfajores de Maicena (corn starch short dough filled with candied milk spread)

Thanksgiving Dress Rehearsal

Demonstration/Hands-on All Ages

SATURDAY, NOVEMBER 18

11:00 AM TO 1:00 PM

FEE: \$75

A crash course for those tackling their first Thanksgiving (or beginners who want to learn a few new tricks). We'll take you through all the classics, from turkey to stuffing to cranberry sauce, unveiling tips and shortcuts along the way. We'll also cover the basics of buying food for a crowd and managing your time in the lead-up to the big day. Give yourself an afternoon to get out all the Thanksgiving jitters! We promise it's a meal that's as easy as it is good.

ON THE MENU:

Herb Rubbed Roast Turkey, Giblet Gravy, Sauteed Green Beans with Crispy Shallots, Chestnut, Mushroom & Sage Stuffing, Classic Mashed Potatoes, Pumpkin Pie

Pasta Perfection - Vegetarian Meal

Dinner Demonstration

TUESDAY, DECEMBER 5

7:00 PM TO 8:30 PM

FEE: \$75

Many people enjoy healthy vegetarian pasta dishes. Pasta is adaptable, familiar and versatile, which makes it a comforting choice, especially for new vegetarians. If you're cooking for a mixed crowd, you can always cook a portion of meat separately to be added separately. Here are some fantastic vegetarian pasta recipes, some more traditional and inspired by Italian food, while others are unique and unusual. These are the best easy, healthy and vegetarian pasta recipes.

ON THE MENU:

Trio of Pasta: Lemon Pine Nut Pasta, Eggplant Puttanesca, Pesto Pasta with Avocado, Mixes Green Salad and Whole Wheat Crusted Cannoli's.

Holiday Greek Pastries

Hands On/Demonstration Cooking Class

THURSDAY, DECEMBER 14

7:00 PM TO 8:30 PM

FEE: \$75

Have you ever been to a Greek festival or a Greek restaurant and wondered how do the Greeks make all those amazing Greek desserts? Well, here is your chance! Learn how to make some of your favorite Greek Pastries and take them home to share with your family and friends over the holiday's!

These are just not any pastries! Most Greek cakes and pastries are soaked in a lovely sugar or honey-based syrup typically flavored with lemon and cinnamon, and many contain or are topped with chopped walnuts. I'd say we have a sweet tooth!

There are hundreds of varieties of these gorgeous Greek confections. Unfortunately, I could choose only a few of my prized recipes. I hope you enjoy them as I do...in moderation!

ON THE MENU:

(each person will take a box of Greeks pastries home)
Koulourakia: Traditional Greek Twisted Butter Cookies
Kourambiethes: Greek Wedding Cookies
Baklava: Phyllo dough filled with walnuts and soaked with honey syrup

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