

# Recover Right - Post Workout Meals & Snacks

Wednesday, January 14 | 5:30 pm

Maximize your workout results with the right recovery fuel! In this hands-on culinary class, you'll learn how to prepare **quick, nutrient-rich meals and snacks** that help your body **repair muscles, restore energy and reduce soreness** after exercise. We'll dive into the science of post-workout nutrition—covering the ideal balance of **protein, carbohydrates, and hydration**—and then bring it to life with easy, delicious recipes you can make in minutes. This class will give you practical tools to support recovery and keep you feeling strong.

**Cost:** \$30 per member,  
\$40 per non-member

Class size is limited. Please bring an apron.

Must be at least 16 years old to attend.

To register, call **217-214-5858**.

\*Please contact our dietitian with any food allergens prior to signing up for class.