

Fuel Up - Pre-Workout Meals & Snacks

Wednesday, January 7 | 5:30 pm

Get ready to power up your fitness routine with the right fuel! In this hands-on culinary class, you'll learn how to prepare simple, delicious, and nutrient-balanced meals and snacks designed to optimize energy and performance before exercise. Whether you're hitting the gym, going for a run or joining a group class, these recipes and ideas will help you feel energized and ready to perform your best.

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.