Healthy Cooking Class

Date:
November 4, 2015

Time:
5:30-7pm

Instructor:
Jill Kaufusi, NASM Certified Personal Trainer

Bio:
Jill Kaufusi is a NASM certified personal trainer, fitness nutrition specialist, mother of four children under the age of eight, and a UVU graduate. Her passion is real fitness, real nutrition and helping others create a lifetime of healthy habits.

Class:
Fuel, Rebuild, Recover: Maximizing your Workouts with Proper Nutrition

Description:
Learn the how, why, and what for pre- and post-workout meals while making and tasting delicious energy bites and a variety of protein shakes!