



NUTRITION
IN MOTION

**Seacoast Sports Club + Nutrition in Motion
present
CORE Nutrition and Fitness
Classes begin 9/20/18**



**S E A C O A S T
SPORTS CLUB**

**Location of Classes – SSC-WEST END
Time/Day: 6:30pm Thursdays**

Week	Date	Class	Instructors
1	9/20/18	Metabolism	Briana Bruinooge, RD, LD
2	9/27/18	<i>Small Group Training</i>	Meg Murphy, CPT
3	10/4/18	Meal Planning and Volumetrics	Briana Bruinooge, RD, LD
4	10/11/18	<i>HEAT</i>	Meg Murphy, CPT
5	10/18/18	Label Reading	Briana Bruinooge, RD, LD
6	10/25/18	<i>TRX</i>	Meg Murphy, CPT
7	11/1/18	Dining Out	Briana Bruinooge, RD, LD
8	11/8/18	<i>Functional Training</i>	Meg Murphy, CPT
9	11/15/18	Why We Eat/Overeat	Briana Bruinooge, RD, LD
	11/22/18	<i>Skip -- Thanksgiving</i>	
10	11/29/18	<i>Body Combat</i>	Meg Murphy, CPT
11	12/6/18	Willpower	Briana Bruinooge, RD, LD
12	12/13/18	<i>Trainer's Choice</i>	Meg Murphy, CPT