

# FALL 2025

## YOUTH CLASSES

(ALL CLASSES LISTED CHRONOLOGICALLY)

### YOUTH CULINARY CLASS

**\$20** per member | **\$25** per non-member

**Thursday, October 9**

**5:30 pm**

**Age Level:** 11-15

**Registration Deadline:** October 6

Calling all aspiring chefs! This hands-on culinary class is designed to teach essential cooking skills, kitchen safety and nutrition basics in a fun, age-appropriate way. Whether your youth is brand new to cooking or has attended our kids' food art classes and ready to level up their skills, this class will help build confidence in the kitchen creating delicious, balanced meals and snacks.

**In this class, participants will:**

- Learn knife skills, measuring techniques and safe food handling
- Prepare 2–3 teen-friendly recipes using nutritious ingredients
- Explore basic nutrition concepts like balanced meals and smart snacking

**Participants must have an adult remain in the facility while the class is occurring.**

### HALLOWEEN KIDS' FOOD ART CLASS

**\$15** per member | **\$20** per non-member

**Thursday, October 23**

**5:30 pm**

**Age Level:** 4-10

**Registration Deadline:** October 20

Let's stir up some fun in the kitchen! This hands-on cooking class is designed just for kids, helping them explore healthy foods, basic kitchen skills and safety in a playful and engaging way. Through simple recipes and interactive activities, young chefs will build confidence and creativity while learning about nutrition.

**In this class, participants will:**

- Make 2–3 kid-friendly recipes or snacks
- Practice safe, age-appropriate kitchen skills like mixing, measuring, and assembling
- Learn fun facts about fruits, veggies, and balanced eating

Grown-up helpers welcome to stay in the classroom and must remain in the facility for the duration of class. Costumes welcome!

### TURKEY DAY KIDS' FOOD ART CLASS

**\$15** per member | **\$20** per non-member

**Tuesday, November 11**

**5:30 pm**

**Age Level:** 4-10

**Registration Deadline:** November 7

Let's stir up some fun in the kitchen! This hands-on cooking class is designed just for kids, helping them explore healthy foods, basic cooking skills, and kitchen safety in a playful and engaging way. Through simple recipes and interactive activities, young chefs will build confidence and creativity while learning about nutrition.

**In this class, participants will:**

- Make 2–3 kid-friendly recipes or snacks
- Practice safe, age-appropriate kitchen skills like mixing, measuring, and assembling
- Learn fun facts about fruits, veggies, and balanced eating

Grown-up helpers welcome to stay in the classroom and must remain in the facility for the duration of class.

### YOUTH CULINARY CLASS

**\$20** per member | **\$25** per non-member

**Thursday, November 13**

**5:30 pm**

**Age Level:** 4-10

**Registration Deadline:** November 10

Calling all aspiring chefs! This hands-on culinary class is designed to teach essential cooking skills, kitchen safety, and nutrition basics in a fun, age-appropriate way. Whether you're brand new to cooking or ready to level up your skills, this class will help you feel confident creating delicious, balanced meals and snacks.

**In this class, participants will:**

- Learn knife skills, measuring techniques, and safe food handling
- Prepare 2–3 teen-friendly recipes using nutritious ingredients
- Explore basic nutrition concepts like balanced meals and smart snacking

**Participants must have an adult remain in the facility while the class is occurring.**

# TEEN & ADULT CLASSES

(ALL CLASSES LISTED CHRONOLOGICALLY)

## FAMILY MEAL PREP NIGHT

**\$40** per family (members' families only)

**Wednesday, September 24**

**5:30 pm**

**Age Level:** 12+

**Registration Deadline:** September 19

September is National Family Meals Month and we are celebrating with a family night in the kitchen, making mealtime a family affair! This interactive cooking class brings parents and kids together in the kitchen to learn simple, nutritious recipes and meal prep strategies that make healthy eating easier—and more fun. Whether you're looking to save time during the week or build lifelong kitchen skills, this class is all about teamwork, tasty food and quality time.

### In this class, families will:

- Prepare 2–3 balanced, family-friendly meals or snacks together
- Learn basic meal prep tips, portioning strategies and kitchen safety
- Explore ways to involve kids in cooking and build healthy habits at home

**Open to families with children ages 12 and up. All skill levels welcome—just bring your appetite and a sense of adventure!**

## “AN APPLE A DAY” CULINARY CLASS

**\$30** per member | **\$40** per non-member

**Wednesday, October 1**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** September 26

October is National Apple Month! Celebrate the crisp, delicious versatility of apples in this hands-on cooking class. Whether sweet or savory, apples add flavor, fiber, and fun to your meals. Join us as we explore creative, wholesome recipes that highlight this seasonal superstar—from energizing breakfasts to satisfying snacks and comforting dinners. Bring an apron!

## MASTERING MEAL PREP: A CULINARY NUTRITION SERIES

**\$110** per member | **\$150** per non-member

**Tuesdays in October (October 7, 14, 21, 28)**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** October 1

Take the stress out of healthy eating with smart strategies and simple recipes! This hands-on culinary nutrition series is designed to help you build confidence in the kitchen while learning how to plan, prep and portion meals that support your wellness goals.

### In this class, you will:

- Learn time-saving techniques for batch cooking and ingredient prep
- Prepare 2–3 balanced meals per class using seasonal, budget-friendly ingredients
- Explore tips for reducing food waste and maximizing flavor
- Receive a meal prep guide, sample menus and nutrition tips from our dietitian

Ideal for busy professionals, families or anyone looking to eat well with less effort. All skill levels welcome!

## “THE GREAT PUMPKIN” CULINARY CLASS

**\$30** per member | **\$40** per non-member

**Thursday, October 16**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** October 13

Pumpkin isn't just for pie! Join us during National Pumpkin Month for a festive and hands-on cooking class that celebrates the flavor, nutrition and versatility of this fall favorite. From savory soups to naturally sweet treats, we'll explore delicious ways to enjoy pumpkin in everyday meals. Bring an apron!

## “HALLOWEEN APPETIZERS” CULINARY CLASS

**\$30** per member | **\$40** per non-member

**Wednesday, October 29**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** October 27

Get ready to trick your taste buds and treat your guests! In this hands-on cooking class, we'll whip up hauntingly delicious appetizers that are perfect for Halloween

parties, potlucks, or a frightfully fun night in. These recipes are festive, flavorful, and surprisingly nutritious—no cauldron required!

**In this class, you will:**

- Create 2–3 spooky-themed appetizers using wholesome ingredients
- Learn simple ways to make festive food fun
- Discover tips for balancing indulgence with nutrition during the holiday season

Costumes optional, creativity encouraged!

## GOBBLE & GAINS CULINARY CLASS

**\$30** per member | **\$40** per non-member

**Wednesday, November 5**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** November 3

Celebrate the season with flavor and wellness! In this hands-on cooking class, we'll explore nutritious twists on Thanksgiving favorites that support your health goals without sacrificing taste. Whether you're looking to lighten up traditional dishes or discover new seasonal recipes.

**Gobble & Gains** is your guide to a balanced and satisfying holiday table

**In this class, you will:**

- Prepare 2–3 wholesome, holiday-inspired recipes using fresh, nutrient-rich ingredients
- Learn smart swaps to reduce added sugars, saturated fats, and sodium
- Discover portion-friendly tips and mindful eating strategies for holiday gatherings

**Open to all skill levels. Come hungry for knowledge—and leave with delicious inspiration!**

## FALL HARVEST BOWLS CULINARY CLASS

**\$30** per member | **\$40** per non-member

**Tuesday, November 18**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** November 14

Celebrate the season with vibrant, nourishing ingredients in this hands-on cooking class focused on creating customizable Fall Harvest Bowls. Packed with whole grains, roasted veggies, lean proteins, and flavorful dressings, these bowls are perfect for meal prep, lunch breaks, or cozy dinners that support your wellness goals.

**In this class, you will:**

- Learn how to mix and match seasonal ingredients like squash, apples, kale, quinoa, and chickpeas
- Prepare 2–3 balanced bowl recipes with a focus on flavor, fiber and nutrition
- Discover tips for batch cooking, portioning, and building bowls that satisfy

**Open to all skill levels. Come ready to chop, roast, and layer your way to a deliciously healthy fall!**

## PIZZA TOSSING CULINARY CLASS

**\$30** per member | **\$40** per non-member

**Wednesday, November 19**

**5:30 pm**

**Age Level:** 16+

**Registration Deadline:** November 17

Get your hands in the dough and your skills in the air! This fun, interactive cooking class teaches the art of pizza tossing while focusing on fresh ingredients and balanced nutrition. Whether you're a beginner or a pizza enthusiast, you'll learn how to craft delicious, homemade pizzas from scratch—starting with the perfect toss!

**In this class, you will:**

- Learn the basics of dough making, stretching, and tossing techniques
- Create your own personalized pizza using wholesome, flavorful toppings
- Discover tips for making pizza night healthier without losing the fun

**Open to all skill levels. Come ready to toss, laugh, and enjoy a slice of wellness!**