



Tasty and Trim

January 30, 2023

COST: $60 pp, or $30 for 2nd person to share a cart (limited to 15 carts).

6:00 pm at Rookie Cooks NEW LOCATION (68 Main Street, 2nd Floor)

Learn tips to cooking healthy AND tasty foods. Similar to Whole30, this four-week class has more of a twist on creating cooking habits that are easy, simple, and quick.

This class is part of a four-part series. Dates for each class are 1/9, 1/16, 1/23 and 1/30. If you do not want to do the whole series, single class reservations are accepted.

If booking the bundled package, please just sign up and pay the bundled price on the January 9th class.

NOTE: Image does not necessarily reflect what is being made in the class.

Our location is on the second floor, and the BRAND NEW ELEVATOR is up and running, so steps are no longer an issue! If you would like to do the steps for exercise, there are 23 steps to the 2nd floor.

From your apron to your pots and pans, all ingredients, and even take-out containers, we provide everything for you. This is where cooking is FUN!

We do have a BYOB policy for all classes, with the exception of children's classes. You MUST have a valid ID to present to a staff member when requested. We do reserve the right to ask guests that are intoxicated to leave if they are behaving in an unsafe manner or causing unnecessary disturbances.

You MUST wear close-toed shoes when attending any of our classes.

Your payment is non-refundable unless you are able to sell the seat(s) to someone else or we are able to fill them from a waiting list.

We do reserve the right to cancel if we do not get enough response for the class.

IF YOU HAVE A FOOD ALLERGY, please call our office to discuss options before registering for a class.

We look forward to having you join us at this class!!