2016 Spring Session
April 5 – May 24
Tuesdays: 9:30am—12:00pm

LOCATION: The Boys Club of New York
321 East 111th Street, New York, NY 10029
(btw 2nd & 1st Aves.) #6 Train to Lexington Ave. & 110th St.

If you are a woman or transgender person (male or female) and are interested in attending SMART Body classes, please contact Sam or Kevin at (212) 289-3900 to schedule an intake interview prior to attending class for the first time. Refreshments and a Metrocard provided.

www.smartuniversity.org

April 5: THAILAND
Green Papaya Salad, Coconut Green Curry with Tofu, Vegetables with Brown Jasmine Rice
*Fruit of the day: Lychee (season permitting)*

April 12: INDIA
Cucumber Water, Skinny Chicken Marsala with Cardamom Mint Chutney, Whole Wheat Roti, Kale Dal
*Fruit of the day: Mango*

April 19: FRANCE
Vegetable Quiches
*Fruit of the day: Strawberries*

April 26: JAPAN
Vegetable Sushi and Fruit Sushi

May 3: CARIBBEAN
Jerk White Fish with Papaya and Avocado Salsa, Brown Rice and Peas, Vegetable Rundown
*Fruit of the day: Papaya*

May 10: VENEZUELA
Arepas with Shredded Chicken and Vegetables, Fresh Tossed Salad with loads of Fresh Herbs, Tropical Fruit Infused Water

May 17: UNITED KINGDOM
Shepherd’s Pie with String Beans, Watermelon Juice

May 24: CHINA
Field trip to Chinatown!