

WELLNESS 60+ AT ASHAWAGH HALL

780 Springs Fireplace Rd, East Hampton

Join us at Ashawagh Hall for a great workout! We'll ensure each workout is a fun and rewarding experience as you pursue your health goals.

FREE CLASSES!

Workout bands, blocks, and mats will be provided.

OCTOBER 9 – NOVEMBER 13

WEDNESDAYS 12:30PM – 2:15PM

12:30PM-1:15PM

CORE BALANCE

1:30PM-2:15PM

TOTAL BODY

Limit 40 participants per class. No pre-registration required. Onsite sign-in is required.

FOR MORE INFORMATION, PLEASE CALL: 631-329-6939

