



Town of East Hampton Human Services Department



Stony Brook
Southamptton Hospital

Wellness 60+ Barre Sculpt & Stretch

With Kimberly Kluge

FREE for 60+ Community
Thursdays @ 11:00 AM

East Hampton Senior Center
128 Springs Fireplace Road



Kimberly Kluge, found her love of Barre while taking classes for her own enjoyment. Kim holds certifications in Yoga, Pilates and Meditation and has over ten years' experience teaching fitness. Kim focuses her classes on core strength, flexibility and fun! Kimberly was inspired by her Grandmother who was an avid Yogi. Changing career paths after the leaving the mortgage industry and following her love of Yoga...Using postures, relaxation techniques and breath work Kimberly shares her passion with students of all ages and skill levels.

For further information call 631-329-6939