

WELLNESS 60+ AT ASHAWAGH HALL

78 Springs Fireplace Rd, East Hampton N.Y.

Join YMCA Health & Wellness Director and master trainer, **ROSIE ORLANDO**, for a weekly group exercise classes to improve your mind, body and spirit. Drawing on her years of wellness industry experience, Rosie will ensure each class is fun and rewarding experience as you pursue your health goals.

FREE CLASSES!

Workout bands, wellness blocks, and mats will be provided.

FEBRUARY 13 – MAY 1

WEDNESDAYS 12:30PM – 2:15PM

12:30PM-1:15PM

CORE STRENGTH

1:30PM-2:15PM

MOBILITY, BALANCE, & STRETCH

Limit 40 participants per class. No pre-registration required. Onsite sign-in is required.
FOR MORE INFORMATION, PLEASE CALL: 631-329-6939

