

WELLNESS 60+ AT ASHAWAGH HALL

78 Springs Fireplace Rd, East Hampton

Join our master trainer and Health & Wellness Director, **ROSIE ORLANDO**, for a great workout! Drawing on her years of experience, Rosie will 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.

FEBRUARY 13 – JUNE 19

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

