



**Town of East Hampton  
Human Services Department  
And  
East Hampton YMCA**

**WELLNESS 60 +  
AT ASHAWAGH HALL**

780 Springs Fireplace Rd, East Hampton

Challenging workout experiences to help you reach your health goals!

**Osteoporosis  
Prevention &  
Stretching with  
Leigh Frankel**

**Wednesdays  
2:00pm-2:45pm**

- Workout equipment & chairs will be provided.
- Please bring your own mats.
- 40 participants per class maximum.
- No pre-registration is required.
- Onsite sign-in is required.



Fitness Instructor

**Leigh Frankel**

*ACE Certified Group and Personal Training*

Certifications: LSVT Certified Training for Parkinson's

Instructor: Bones & Balance

For more information call: 631-329-6939