

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 equipment including chairs will be provided. We do have mats but due to hygienic purposes we always encourage you to bring your own.

FEBRUARY 5 - MAY 20

WEDNESDAYS 1:00PM - 2:30PM

1:00PM-1:45PM

OSTEOPOROSIS PREVENTION

1:45PM-2:30PM

STRETCH

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

