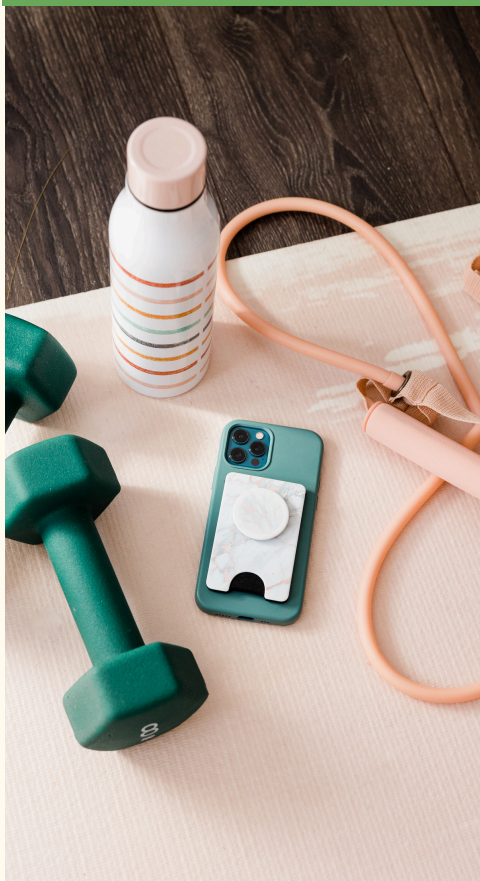


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HAMPTONS PRESENTS:

# OUR STRENGTH & CONDITIONING COMMUNITY CLASS



Our strength and conditioning class teaches the basics of aerobic, low impact strength and conditioning exercises in a fun, engaging small group setting.

## **WHAT YOU'LL LEARN:**

- Proper Exercise Techniques
- Flexibility and Mobility
- Mind-Body Connection
- Teamwork and Collaboration

**Instructor: Courtney Clancy**

**MONDAYS**  
**3:30-4:30PM**  
**AGES 14+**  
**\$50/CLASS**

## **More info:**

📍 460 County Rd 111, Ste 21  
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