

LI STRIVE @ DANCE CENTRE OF THE
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: Dr. Heidi MacAlpine

MONDAYS
3:45-4:30PM
AGES 14+
\$90/CLASS

More info:

460 County Rd 111, Ste 21
Manorville, NY 11949
631-223-8806

REGISTER AT [LISTRIVE.COM](https://listrive.com)