

LI STRIVE @ DANCE CENTRE OF THE
HAMPTONS PRESENTS:

OUR STRENGTH & CONDITIONING 50+ COMMUNITY CLASS



Our Strength and Conditioning 50+ class teaches the basics of aerobic, low impact strength and conditioning exercises in a fun, engaging large group setting for everyone 50+.

WHAT YOU'LL LEARN:

- Proper Exercise Techniques
- Flexibility and Mobility
- Mind-Body Connection
- Toning and Stretching Techniques

Instructor: Dr. Heidi MacAlpine

MONDAYS
12-1 PM
AGES 50+
\$25/CLASS

More info:

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

REGISTER AT LISTRIVE.COM