

LI STRIVE @ DANCE CENTRE OF THE
HAMPTONS PRESENTS:

OUR MOVEMENT AND WELLNESS CLASS



Program Title: Movement & Wellness (multiple class times)

Location: LI Strive -460 County Road 111, Manorville, NY

Dates/ day / Time: 9/1/25-8/31/26, Thursdays, 11:00 AM,
12:30 PM, 1:30PM, 2:30 PM

Description:

A small-group Movement & Wellness class designed to support essential life skills, improve independence, and enhance overall well-being. Participants work on movement, strength, and attention in a supportive environment.

You Will Learn:

- Strengthening
- Motor and core development
- Focus and attention

Pricing:

Class fee: \$110/class

Skills & Outcomes:

- Motor planning & coordination
- Physical strength and stamina
- Improve attention and self-regulation

Instructor: Heidi MacAlpine, Certified Wellness and Trauma Informed Instructor, Christine Racca, MS ED.

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