

LI STRIVE @ DANCE CENTRE OF THE
HAMPTONS PRESENTS:

OUR STRENGTH & CONDITIONING COMMUNITY CLASS 15+



Our Program Title: Strength & Conditioning 7-14

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

Date / Day / Time: 9/1/25-8/31/25, Mondays, 3:45-4:30 PM

Open To: Everyone ages 7-14

Description:

A focused strength and conditioning session for teens and adults emphasizing low-impact movement, strength, and endurance in a small, supportive group.

Pricing:

- Class fee: \$50

Skills & Outcomes:

- Strength/endurance
- Body awareness
- Routine building
- Confidence in fitness environments

Instructor: Courtney Clancey

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