



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.

Tuesdays

August 1, 2026- July 31, 2027

scheduled with instructor

\$75/group

\$90 individual transition class



BOOK NOW

631-223-8806



info@listrive.com



www.listrive.com



Instructor: Heidi MacAlpine

LI Strive...An inclusive community where everyone thrives!...