

# The Ed & Phyllis Davis Wellness Institute

## Class Schedule

Scan or click below to register for classes

	Hampton Bays		Stony Brook Southampton Hospital	
Monday	ABC (Arms, Back & Core) Body Sculpt	8 am 9:15 am	Functionally Fit Level 1 Yoga	1:30 pm 3:15 pm
Tuesday	Pilates Core & Tone Core X	8 am 9:30 am 6 pm	Chair Yoga	11 am
Wednesday	Cardio Fusion Core & Tone (Virtual Only)	8:30 am 9:30 am	Yogalates Back Care Level 1 Yoga	12:30 pm 1:30 pm 3:15 pm
Thursday	Pilates Boxing Low Impact Cardio	8 am 9:15 am 2:15 pm	Chair Yoga	11 am
Friday	Interval	8 am	Stay Tuned for Updates	
Saturday	Core & Balance TRX (In-Person Only)	8:30 am 9:30 am	Stay Tuned for Updates	



[bit.ly/bayswellness](https://bit.ly/bayswellness)



[bit.ly/southwellness](https://bit.ly/southwellness)



Stony Brook Southampton Hospital