

# The Ed & Phyllis Davis Wellness Institute

## Class Schedule

Scan or click below to register for classes

	Hampton Bays		Stony Brook Southampton Hospital	
Monday	Barre Body Sculpt	7:30 am 9:15 am	Functionally Fit Level 1 Yoga	1:30 pm 3:30 pm
Tuesday	Pilates Core & Tone Core X	8 am 9:30 am 6 pm	Chair Yoga	11 am
Wednesday	Barre Cardio Fusion Core & Tone <i>(Virtual Only)</i> Pilates	7:30 am 8:30 am 9:30 am 4:30 pm	Back Care Level 1 Yoga	1:30 pm 3:30 pm
Thursday	Pilates Boxing HIIT	8 am 9:15 am 5:30 pm	Chair Yoga	11 am
Friday	Interval Tai Chi	8:30 am 11:30 am	Mindful Movement	1:30 pm



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



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



Stony Brook Southampton Hospital