

The Ed & Phyllis Davis Wellness Institute

Class Schedule

Scan or click below to register for classes

	Hampton Bays		Stony Brook Southampton Hospital	
Monday	Booty Barre Body Sculpt	7:45 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	Cardio Fusion Core & Tone <i>(Virtual Only)</i>	8:30 am 9:30 am	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 am 11:30 am	Low Impact Cardio	1:30 pm
Saturday	TRX TRX	8 am 9 am		



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Stony Brook Southampton Hospital