

FITNESS

BRIDGEHAMPTON

HOT YOGA

2415 Montauk Highway
hamptonshotyoga.com
631 537 5722

PHYSIQUE 57

264 Butter Lane
physique57.com
631 537 5722

EXHALE

2415 Main Street
exhalespa.com
212 561 6400

SOUTHAMPTON

HAMPTONS GYM CORP

395 County Road 39A
(At Omni/Jitney Stop)
hamptonsgymcorp.com
631 283 4770

EVOLUTION FITNESS

33 Hill St
evolutionhamptons.com
631 488 4252

WATER MILL

CORE DYNAMICS

58 Deerfield Rd
coredynamicsgym.com
631 726 6049

TRACY ANDERSON

903 Montauk Hwy
tracyandersonmethod.com
212 965 1408

SOULCYCLE

760 Montauk Hwy
soul-cycle.com
631 324 6610

WAINSCOTT

LIFT GYM

354 Montauk Hwy
liftgym.com
631 604 2558

BARRY'S BOOT CAMP

352 Montauk Hwy
barrysbootcamp.com
631 537 2668

EAST HAMPTON

HAMPTONS GYM CORP

2 Fithian Lane
hamptonsgymcorp.com
631 324 4499

FLYWHEEL SPORTS

65 Montauk Hwy
flywheelsports.com
631 329 8622

KAMA DEVA YOGA

66 Newtown Lane
kamadevayoga.com
631 604 1382

SAG HARBOR

HAMPTONS GYM CORP

1 Bay Street
hamptonsgymcorp.com
631 725 0707

YOGA SHANTI

32 Bridge Street
yogashanti.com
631 725 6424

STUDIO 89

89 Clay Pit Road
studio89fitness.com
631 899 4310

FLYWHEEL SPORTS

1 Bay Street
flywheelsports.com
631 899 4256

IN BALANCE PILATES STUDIO

34 W Water St
inbalancestudio.com
631 725 8282

UPTOWN PILATES

126 Main St, 2nd Floor
uptownpilates.com
631 725 5994

PILATES OF SAG HARBOR

74 Main Street
pilatesofsagharbor.com
631 725 7995

AMAGANSETT

B-EAST

199 Main Street
eastfit.com
631 267 0900

BODY TECH

249 Main Street
bodytechclub.com
631 267 8222

MONTAUK

BODY TECH

240 Edgemere Street
bodytechclub.com
631 267 8222

PERSONAL TRAINERS

GORDON TROTTER
516 376 7889

AVERY CROCKER
516 449 9378

TENNIS PROS

DAVID BOYDE
310 909 4976

GRANT SAACKS
917 821 1934
grantsax@aol.com

MARK HARRISON
321 508 7418

SWIM INSTRUCTORS

NORMA BUSHNELL
631 903 9244

MIKAYLA MOTT
631 235 8293
mangoes123@aol.com

MATTHEW BARDWIL
917 734 6873

NUTRITIONIST/ TRAINER

ADAM KELINSON
917 816 4517
organicperformance.com