

navigate

NOW IN THE HAMPTONS



The Ness founders Dria Murphy, Colette Dong and Aly Giampolo

## BREAK A SWEAT

With the repetition of cardio movements and stretches designed specifically for each song, a dynamic, beat-based full-body workout leads the new way to sweat for the season. This signature sculpt class belongs to **The Ness**, an invite-only fitness studio. In an intimate and private environment, The Ness' classes allow you to receive personal training attention while engaging your body. "It's a tight-knit community where you can cut through all the noise and drop into a good, hard workout with good people," co-founder Dria Murphy says. Through Labor Day weekend, The Ness will be hitting the Hamptons for the first time, with pop-up sculpt classes in Gurney's Montauk, The Surf Lodge Sanctuary and Gurney's Star Island, as well as personal training for private clients throughout the Hamptons. The Ness' Hamptons pop-ups are open to the public rather than invite-only. Whether you need a 30-minute lunchtime workout or a full hour of the intense one-on-one personal session, The Ness is the new go-to place for sweating that rebels against traditional practices.

*Single sculpt class for \$35, [thenessnyc.com](http://thenessnyc.com) —Teresa Zhang*



Hamptons playing cards, \$32

## GO FISH

These playing cards capture the essence of summertime in the Hamptons.

From lingerie bags to custom stationery, illustrator Loulou Baker's brand, **Peep's Paper Products**, is filled with whimsical watercolor items of all sorts. But this summer, the coffee table must-have is her collection of Hamptons-inspired playing cards. Baker's elegant illustrations on the cards depict snapshots of the fondest East End activities: There are surfboards lined up on the beach in Montauk, windmills in Water Mill and sandy beaches around Long Island. Featured in publications such as *Vogue*, *Harper's Bazaar* and *Town & Country*, Baker creates illustrations on invitations, birth announcements and linens. The cards are perfect for an easy hostess gift or kicking back with a game of rummy over a glass of wine. \$32, [louloubaker.com](http://louloubaker.com); [overthemoon.com](http://overthemoon.com) —LB