

Fitfluencers

THE EAST END IS OVERFLOWING WITH TRAINERS AND COACHES DETERMINED TO KEEP YOUR BODY IN TOP SHAPE. MEET THE FITFLUENCERS WHO ARE GOING TO MAKE YOU WORK FOR IT.

BY VANESSA GORDON

Amanda Freeman will once again bring New York's premier assisted stretching studio, **Stretch'd**, to the Hamptons' clientele in partnership with the ever-popular **SLT Megaformer** classes. "I'm excited to get our studios open full time with a more robust schedule than we've ever had given the growing demand for fitness in the Hamptons. I brought SLT to the Hamptons as people were missing their Megaformer fix, and I get excited to bring it to them each summer!"

Katia Pryce, founder and CEO of **DanceBody**, will have dance enthusiasts breaking out a sweat while retreating to the Hamptons. "Escaping the city with my team (who also happen to be my friends) is just amazing. We love not only working but

living together! We have our company retreat in the Hamptons every year, and it's such a fun time," says Pryce. "Everyone is on vacation time, and workouts become more joyful and less stressful."

The ness co-founder **Colette Dong** will bring the intimate bounce cardio classes to Gurney's Montauk and Star Island Resorts and the Surf Lodge. This will be Dong's third season teaching in the Hamptons and the first for the ness' co-founders. "I am most excited to celebrate the [new] ness with the returning community while simultaneously introducing it to those who haven't had a chance to try us out yet," says Dong. "There is nothing better than sun and a good sweat. Being able to jump right into the ocean and let the salt water cool you off is the best way to finish."



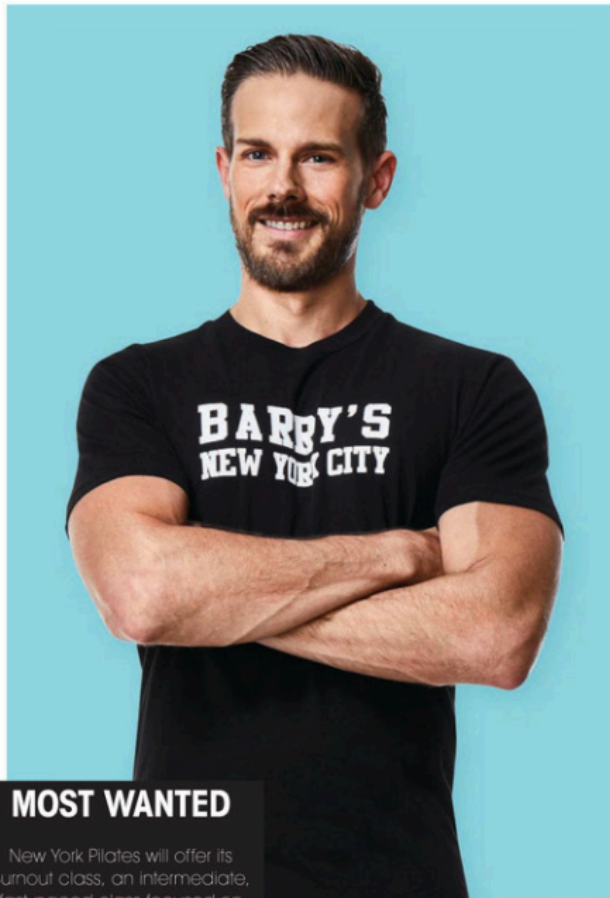
From left: Katia Pryce, founder and CEO of DanceBody; Olivia Young, founder and CEO of Box + Flow.

PRYCE PHOTO BY JASSEN YINK STUDIO; YOUNG PHOTO BY JIM FEYER/ISSAATHTROUGH MEDIA

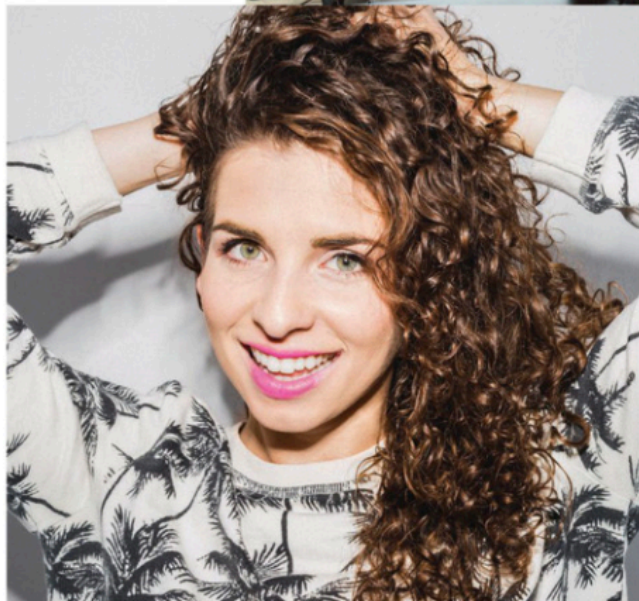
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Clockwise from top left: Amanda Freeman of Stretch'd; Chris Hudson, master instructor at Barry's; Colette Dong, co-founder of the Ness; Sadie Kurzban, founder and CEO of 305 Fitness.



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MOST WANTED

New York Pilates will offer its Burnout class, an intermediate, fast-paced class focused on total body burn, perfect for Pilates reformer lovers who enjoy working hard, doing lots of planks and getting their heart rate up! A new Southampton studio will also be unveiled.

East End Row's music-based HIIT rowing classes offer a full-body workout in 50 minutes. Each class is led through a series of "waves" or intervals set to music that increases the metabolism over the following 24 hours.

Tracy Anderson is introducing Fundamental to her Hampton's studios, 50 minutes of intermediate-level mat-based work that will focus on arms, abs and legs. This class is designed for clients looking to build strength and prepare muscular structure for the advanced ATAIN Definition class series.

Flitting Room's Signature FHIX (Functional High-Intensity Mix) promises to deliver the results you want by combining functional movements, high-intensity intervals, strength training and a total-body focus.



...CONTINUED **Chris Hudson, master instructor at Barry's Bootcamp,** is most excited to teach Abs & Ass in the Hamptons, the perfect summer workout. "I love seeing new faces," explains Hudson. "Everyone in the city, including instructors, stick to a set schedule. The great thing about the Hamptons is working out with clients that I never get to see in the city."

Olivia Young, Box + Flow's CEO and founder, will celebrate three years teaching in the Hamptons in 2019. "Summer is the one time I actually think New Yorkers 'let go.' They wait all week to head east for two days of sun and fun, before heading back Sunday night to

the city grind again. Balance? Box + Flow is just that; the hard work and the celebration is a necessary daily practice indeed," says Young.

Sadie Kurzban, founder and CEO of the Miami-style dance sensation 305 Fitness, is bringing some serious heat to the East End this season. "Summer is a great time to be out and about, and recharge. There's a great energy with the season, when people can finally shed their winter coat layers and just be empowered to be open," says Kurzban. "I'm excited to take our dance cardio party to the land of bronzed beach goddesses, all-white parties and low-key seafood shacks." ■