

# The Sag Harbor Express.

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## BREATHE

### *New Spin Studio Hits Southampton*

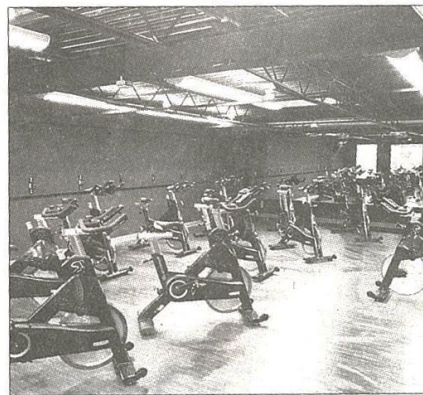
**H**amptons Gym Corp. has taken indoor cycling to a whole new level. Earlier this month, the Southampton gym — located at 395 County Road 39A — unveiled a fleet of Spinner® Chrono™ bikes, which deliver the authentic feel of a real road bike. The new spin studio will feature classes led by popular instructors Rebeca, Oneikka, Mirna, Roland and Wilfredo, as well as summer resident Ruth Zukerman.

“The Spinner® Power Chrono™ bikes set a new standard in the industry with the latest innovation in magnetic resistance and power-based training,” a press release said. “The new technology allows riders to track their workouts providing real results. The new studio features limited space in each class, so advance registration is required.”

Spin classes will be offered throughout the year, alongside a comprehensive line-up of dynamic group fitness classes, such as: Abs & Glutes, Body Combat, Body Flow, Body Pump, Body Vive, Fly Wheel, P90X Extreme Cardio, P90x Extreme Plyometrics, PiYo Live, Yoga, and Zumba.

“Hamptons Gym Corp is the leading health club operator of the Hamptons with a goal to provide an enjoyable, yet efficient, workout environment for seasonal and year-round patrons,” the release said. “A full-service gym, they offer: Personal Training; achieve fitness goals, evaluate fitness needs and develop a personal fitness plan to help achieve dramatic physical transformation and improve the quality of life.

For more information, call (631) 725-0707 or visit [hamptonsgymcorp.com](http://hamptonsgymcorp.com).



*Ready for  
spinning at  
Hampton Gym  
Corp.*