

# James Lane

— POST —

## Torch'd By Isaac Boots To Kick-Off Southampton Hospital Foundation's Summer of Wellness

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Isaac Boots. Courtesy photo

The second annual Summer of Wellness, presented by the Southampton Hospital Foundation's Vision Board, will return this June with Torch'd by Isaac Boots, yoga, tennis, and DanceBody.

The series of pop-up benefit wellness classes will launch with the iconic Torch'd by Isaac Boots on Saturday, June 22, at 9:30 AM. Vision board member Lynn A. Scotti will host the event. Boots, a celebrity trainer, choreographer and Broadway dancer, will lead his iconic workout at the idyllic Wine Stand at Wölffer Estate Vineyard.

"Isaac has been an important part of my daily routine since Covid. It is such a great workout, Isaac's energy is contagious and he makes me laugh every morning with his witty dialogue," Scotti noted. "Raising money for the Southampton Hospital Foundation is so important to me and to the Hamptons community at large. The East Hampton location will literally be saving lives due to the traffic conditions during the summer season."

Vision member and Wölffer Estate Vineyard co-owner Joey Wölffer added, "Supporting our community's hospital is more than just a duty; it's a vital investment in the health and well-being of our neighbors. Through initiatives like our Summer of Wellness series, we're not just promoting fitness—we're fostering a culture of care and empowerment that extends far beyond our vines."

Yoga at Mecox will follow on Saturday, June 29, at 4 PM at Mecox Bay Dairy. David Marshall will lead “a juicy, farm fresh vinyasa to make the cows jealous.” Vision board member Haley Ludlow will host the event. Attendees are invited to enjoy sips and lite bites, including Mecox Bay Dairy cheeses, following the class.

“Mecox Bay Dairy is delighted to once again host Yoga at Mecox on the farm to benefit Stony Brook Southampton Hospital! Providing essential emergency service when time is critical is a priority for our hospital, and as farmers, emergencies are inevitable. Five generations of our family have relied on the hospital,” Ludlow shared. “We continue to be grateful for, and comforted by, the fact that we have a world-class hospital so close to the farm. Join us as we toast another Summer of Wellness in support of our community Hospital.”

On Saturday, July 13, get ready to elevate your game during a Tennis Clinic at The Racquet Lounge at Southampton. Sponsored by Nest Seekers and LSC Design, Vision board members Elizabeth Bowden and Kingsley Crawford will co-host. Perfect for players seeking to improve while having a blast, from 1 to 3 PM. enjoy personalized instruction, skill-building drills, and friendly competition, culminating with an exciting round-robin.

The 2024 iteration will conclude on Saturday, August 10, with an exhilarating DanceBody Sculpt class led by DanceBody COO + co-founder, Courtney Mariani. Hosted by Vision member Brooke Bohnsack, the high-energy dance workout will take place at 11:30 AM at Bridgehampton Community House. Attendees will experience 50-minutes of dance-inspired sculpt exercises to tone and strengthen your entire body — no dance experience required.

Class-goers will receive a complimentary t-shirt, ZenWTR, a refreshing treat from Chloe’s and Scott’s Protein Balls.

The Summer of Wellness is spearheaded by the Foundation’s Vision Board, a collective who believe access to high-quality healthcare on the South Fork is a priority and a cause worth supporting. All the proceeds from the Summer of Wellness support Stony Brook Southampton Hospital.

Tickets range from \$40 to \$175.

To purchase a ticket, visit [fundraise.givesmart.com](https://fundraise.givesmart.com)