

END NOTES | FIT CLUB



A Core Fusion class at Exhale Spa

Core Curriculum

Staying the fitness course? Keep it real with those in the know. BY INGRID SKJONG

FIT FIXTURES

When it comes to changing the face of exercise—and the bodies of those who love it—Fred DeVito and Elisabeth Halfpapp, originators of **Core Fusion** and principals of **Exhale Spa**, are pros. Hamptons mainstays both personally and at Exhale Bridgehampton for the better part of 25 years, the couple's concept (create long, lean muscles through concentrated movements and stretching) keeps things fresh with special programs like the Core Fusion Bikini Bootcamp (July 21–22, 6–8 PM), benefiting the R.E.S.T. Initiative, which brings massage therapy to those undergoing chemotherapy treatments. And with a brand-new location in NYC's Meatpacking District, the empire keeps expanding.

HAMPTONS: How has your client base changed throughout the years?

FRED DEVITO AND ELISABETH HALFPAPP: Our younger base—the 20- to 30-year-olds who are very athletic and looking for a complete-body workout—care as much about their cardio and core conditioning as they care about lifting their butt and leaning their thighs. This class is more than just body shaping, as it was in the '80s and '90s. It has evolved into a complete holistic health experience, which also includes yogic mindfulness.

H: What do you offer in the Hamptons, and what is it about the area that draws you there?

FD & EH: In the Hamptons we offer the entire core program that we have created for Exhale. These classes allow our members to benefit from this well-rounded, results-oriented program. Personally we've been Bridgehampton residents for the past 25 years and we continue to enjoy the natural energy, light and beauty—whether at the beach or in our personal gardens. The Hamptons creates a healing, restful balance.

HAMPTONS

THE POLO ISSUE



NACHO FIGUERAS

WINS OUR HEARTS ON AND OFF THE FIELD

PHOTOGRAPH BY BRUCE WELSH

BRIDGEHAMPTON

PLUS
BETH OSTROSKY STERN'S GOOD CAUSE
NOAH TEPPERBERG AND JASON STRAUSS IN THE HOUSE
PUCCI AND EDIT TAKE SHOPPING BY SEYMOUR
SWIMMING WITH SHARKS IN MONTAUX

H: You already have an enormous following; how do you keep evolving?

FD & EH: We've evolved our core program (Core Fusion) with the addition of Core Energy Flow, our yoga component, and Core Fusion Sport, our cardio component. We also have two DVDs—Core Fusion Sculpt and Core Fusion Pilates Plus—with two more coming out in August and December. They're introducing our program to even more guests!

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Fred DeVito and Elisabeth Halfpapp