

The Hamptons
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Beach

MODERN LUXURY

THE CLASS IS IN SESSION

Taryn Toomey Schools East Enders With
Her Transformative Workout

A SHORE THING

FROM PADDLEBOARD PILATES TO BALLET IN
THE SAND—ATYPICAL CLASSES ON THE ATLANTIC

Plus

DAPHNE OZ'S MOMMY MUSTS
& ALL-NATURAL EATS OUT EAST

DON'T SWEAT IT

Hero Beach Club's Obé Fitness Room gives hotel guests a workout edge.

by MARIELLE MARLYS

Hero Beach Club in Montauk is becoming more than just a beachside haven for guests. This summer, the Hamptons' hottest new hotel property hosts an **Obé Fitness Room**. The space will allow visitors to stream live or on-demand workout classes, which range from 10 to 28 minutes, for six to eight hours each morning. No need to worry if you sleep through a live class because the Obé Fitness Room will have an online library for instant fun workouts, accessible 24/7. Guests will be able to choose from the three types of classes offered by Obé: Sweat (cardio and dance), Define (strength and muscle building) and Flow (stretching, yoga and Pilates). "If you do just Obé, you have everything," says Ashley Mills, co-founder and co-CEO of Obé. "It's sculpting, strength workout, circuit training, dance cardio and yoga." The classes require little space and no equipment, making them perfect workouts for vacationers in Montauk, but Obé workouts can continue even when the vacation ends. Obé trainer Madelaine O'Connell developed a No Sweat Workout for members who are unable to fit in exercise before work. "She took a huge desk and a chair and put it on our stage, and built a 28-minute workout around it that you can do at your office and not break a sweat," co-founder and co-CEO Mark Mullett says. "So you're still sculpting, you're still toning, but you don't need to redo your hair or take a shower." Meanwhile, at Hero Beach Club, in-person exercises and activities with Obé trainers are on the horizon. 626 Montauk Highway, Montauk, herobeachclub.com



"Our beauty is here, in our own reflections, if only we would look." These words adorn the packaging of **Taryn Toomey's** new nail polish line with beauty brand **Tenoverten**. The collaboration embodies both brands' intention to help women feel as beautiful as possible. "I was inspired by Earth elements and themes of the spring season: new beginnings, creativity and transformation," Toomey says of the three natural shades, Peach Quartz, Solar Eclipse and Smokey Sage. The partnership grew out of Toomey's friendship with Nadine Abramcyk, who created Tenoverten to offer a nontoxic manicure or pedicure that strengthens nails instead of damaging them. It's their second capsule nail polish set that aims to bring simplicity and joy back into our overly cluttered modern lives. "We feel that Taryn's passion for health and wellness perfectly complements Tenoverten's mission of promoting nontoxic nailcare," Abramcyk says. "The new trio reflects the incredible grounding nature of The Class." *The Class: Hamptons Studio, 264 Butter Lane, Bridgehampton, taryntoomey.com; tenoverten.com* -PM

A CLASS ACT



Limited-edition Tenoverten by Taryn Toomey Trio, \$54