

James Lane

— POST —

Fall 2026

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ALICE+OLIVIA & BCRF

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John Turturro in “The Only Living Pickpocket in New York.” Photos courtesy Hamptons Film



Bob Balaban. Photo courtesy Hamptons Film



Jordan Firstman’s “Club Kid.”

The 34th Annual Hamptons International Film Festival Returns

Jesse Eisenberg, Amanda Seyfried, John Turturro, Ron Howard, Bob Balaban, Rosalind Eleazar & More Attend

The 34th annual Hamptons International Film Festival has returned, running October 2 to 12, with screenings and events across the Hamptons.

The festival opened with the East Coast Premiere of “I Play Rocky,” directed by Peter Farrelly. The film tells the true story of an unknown actor with an unshakable belief that he wasn’t just meant to write Rocky — he was meant to be Rocky Balboa. Told “no” at every turn, Sylvester Stallone (played by Anthony Ippolito) bets everything on himself, holding the line on playing the lead against seemingly impossible odds. Ippolito will also receive one of the festival’s FLYTE Breakthrough Performer Awards.

This year’s Centerpiece screenings include the U.S. premiere of Tim Blake Nelson’s “The Life and Deaths of Wilson Shedd,” starring Amanda Seyfried and Scoot McNairy, and Noah Segan’s “The Only Living Pickpocket in New York,” starring John Turturro, Steve Buscemi, Giancarlo Esposito, Will Price, and Tatiana Maslany.

Amanda Seyfried joined the festival for a conversation at East Hampton Middle School on Sunday, October 4. Based on actual events, the film tells the story of a teacher in an abusive marriage who takes a job leading creative writing classes at a maximum-security prison and begins to fall for a charismatic inmate.

John Turturro will join the festival on Sunday, October 11, for a special conversation at Guild Hall. Turturro delivers one of the year’s most exceptional performances as Harry in “The Only Living Pickpocket in New York,” an old-school hustler and classic native New Yorker who moves through life greasing palms and relying solely on his wits and connections. As times change, his daily pick-pocketing of cash and wristwatches gives way to credit cards and cell phones — and, on one unfortunate night, cryptocurrency and a handgun — setting off a cat-and-mouse fight for survival.

Jesse Eisenberg will attend the festival in conversation on Saturday, October 10, at Guild Hall. Eisenberg wrote and directed “The Debut,” which will screen on Friday, October 9.

The film stars Julianne Moore, Paul Giamatti, Halle Bailey, and Eisenberg. Eisenberg returns with a playful love letter to the vibrant, larger-than-life world of community theater. When Mona Friedman (Moore) is cast in a bit part at her local theater, she transforms from a shy, unassuming housewife into a zealous method actor willing to do anything to protect the artistic integrity of her marginal role — even if it means waging war against the show’s domineering director (Giamatti).

Ron Howard will attend the festival for a conversation on Saturday, October 10, at Guild Hall. Howard’s film “Avedon” will have its East Coast Premiere at HIFF. In “Avedon,” Howard traces the life and legacy of an artist who used photography to reinvent the world around him. From world leaders to pop culture icons and international supermodels, Richard Avedon’s influence is the blueprint for our image-driven world. His photographs didn’t just reflect culture; they shaped it. Drawing on unprecedented access to his personal archives — including never-before-seen stills, intimate behind-the-lens footage, and new interviews with his closest collaborators — “Avedon” explores how his singular eye both reflected and reshaped the visual language of the 20th century, and why even the most iconic image is only half the story.

Academy Award nominee Bob Balaban will receive the festival’s Lifetime Achievement Award, presented Sunday, October 11. A longtime East End resident and Hamptons-Film Board Member, Balaban has built a prolific career across film and television, with credits including “Gosford Park,” “Moonrise Kingdom,” “Best in Show,” “For Your Consideration,” and “Close Encounters of the Third Kind.” In addition to his celebrated work as an actor, Balaban has directed films including “Bernard and Doris,” “The Exonerated,” “Georgia O’Keeffe,” and “The Last Good Time,” which received the HIFF Audience Award in 1994.

The festival will present Jordan Firstman’s “Club Kid” in its Spotlight section on Thursday, October 8, in East Hampton. In addition to directing, Firstman also wrote, produced, and starred in the film. Starring alongside Firstman are Reggie Absolom, Diego Calva, Cara Delevingne, Kirby Howell-Baptiste, and Colleen Camp. The film will be accompanied by a post-screening conversation with Firstman, who will also receive the festival’s FLYTE Breakthrough Director Award.

Rosalind Eleazar is also set to receive a FLYTE Breakthrough Performer Award at the festival for her role in “Misty Green” on

Wednesday, October 7, at Guild Hall. Directed by Chris Rock, Eleazar appears alongside Rock, Adam Driver, Daniel Kaluuya, and Anna Kendrick. Her performance has garnered early praise, and many are already predicting she will be a standout of the season.

“Misty Green” follows a talented actress whose career, once on the rise, has now stalled, plunging her into a downward spiral. When she finds out her dream role is being cast by a director (Rock) she has previously worked with, Misty seeks to revive her stardom. However, she must first confront their contentious history and her own personal struggles. Brought to life through Eleazar’s captivating performance, the film tells a compelling Hollywood story of resilience and reinvention amidst the demanding hustle of the ever-evolving entertainment industry. Eleazar recently starred in the acclaimed “Rose of Nevada” and is currently featured in Apple TV+’s Emmy-winning “Slow Horses.”

New York Women in Film & Television will

partner again with the Hamptons International Film Festival for its Annual Brunch and co-present the Filmmakers Calling the Shots short film showcase on Sunday, October 11.

The festival will close with Alex Huston Fischer and Eleanor Wilson’s “Wicker,” screening Monday, October 12. Starring Olivia Colman, Alexander Skarsgård, Elizabeth Debicki, and Peter Dinklage, the film follows an ostracized fisherwoman (Colman) who commissions a husband from the local basketmaker (Dinklage). When her wicker husband (Skarsgård) proves more spectacular than she ever imagined, his soulful spirit and unique prowess awaken something within her, unleashing a wave of jealousy, fascination and upheaval that threatens the very fabric of village life.

The festival also features selections in World Cinema Narratives, World Cinema Documentary, Competition Documentary, Views from Long Island, The Compassion, Justice and Animals section, and Films of Conflict and Resolution, and a selection of Shorts.



Rosalind Eleazar in “Misty Green.”



Ron Howard’s film “Avedon” will have its East Coast Premiere.



Jenny Mollen,
Stacey Bendet,
Julie Macklowe



Johanna Stitt. Photos by
David Benthall/BFA.com



Alice + Olivia

Kicks Off Breast Cancer Awareness Month With BCRF

Alice + Olivia kicked off Breast Cancer Awareness Month with a special evening at its Madison Avenue flagship, supporting the Breast Cancer Research Foundation. The event celebrated the launch of the brand's month-long October initiative benefiting BCRF and brought together brand friends and foundation supporters.

Alice + Olivia's Stacey Bendet, alongside co-hosts Emily Rockefeller and Dr. Elizabeth Comen, was joined by Jenny Mollen, Donna

McKay, Jennifer Rubio, Julie Macklowe, Sofia Karvela, Natalie Mackey, Dani Stahl, Ebony Wiggins, Carolyn Angel, Aqua Parios, and more. Throughout the evening, 15 percent of net proceeds went to BCRF, supporting its mission to prevent and cure breast cancer by advancing research.

The celebration featured custom embroidery and a charm bar, and guests created custom pink phone charms in honor of BCRF's iconic pink. Quiana Parks, a cancer survivor, philanthropist, and advocate, provided the music,

while guests sipped Bricoleur Vineyards Isla Brut Rosé, LALO Tequila cocktails, and The Macklowe Pink Manhattans, alongside pink-themed sweet treats.

In honor of National Breast Cancer Awareness Month, Alice + Olivia will continue its partnership with BCRF throughout October. Customers who donate to BCRF at any Alice + Olivia boutique, including the Southampton location or any of its New York City locations, or online, will receive 15 percent off their purchase.

As part of the initiative, Alice + Olivia has created two limited-edition pink styles, the brand's signature Willa Blouse and Dollie Cardigan, with \$20 from the sale of each piece benefiting BCRF and its mission to advance lifesaving breast cancer research.

The New York celebration was the first of two events supporting the partnership this October. Bendet will continue the initiative on the West Coast, co-hosting an event with Paris Hilton and Kathy Hilton. The partnership holds special significance for the Hilton family — Kathy's mother and Paris's grandmother, Kathleen Richards, passed away from breast cancer in 2002.

Founded in 1993 by Evelyn H. Lauder, the Breast Cancer Research Foundation is the largest private funder of breast cancer research in the world.



Emily Rockefeller,
Dr. Elizabeth Comen,
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Bounty Uncharted

Jeff Ragovin On Showcasing The Bounty Of The East End

By Jessica Mackin-Cipro

For Jeff Ragovin, life on the East End is about the water, the food it provides, and the community that surrounds it.

That version of the East End is at the heart of “Bounty Uncharted,” the unscripted series Jeff started after stepping away from a career in tech.

“How do I showcase who we are as a community to the world?” Jeff reflected on the question he asked himself when beginning this project.

Jeff has lived on the East End full-time for nearly 13 years. Growing up on 27th Street in Manhattan, he went on to build technology companies. About two and a half years ago, he sold his most recent company and fully immersed himself in East End life.

“I was like, I need to take a break — I’ve been doing this for 26 years, and I want to do something different,” he said, noting that now he is “doing something that I really want to do that I love.”

For years, he had envisioned a project like this

— one that would combine his interests in food, fishing, storytelling, and the East End.

“I’ve wanted to do something like this for probably about a decade, where it’s kind of like, Nat Geo meets ‘Wicked Tuna’ meets the Food Network, but all showcasing the bounty of the East End.”

And so he built it.

“I kind of built the plane as I was flying it,” he said.

The first season was an experiment: six episodes, each lasting 10 to 15 minutes, featuring a variety of guests with Jeff as the host. Some were from the local community, while others came from afar — each had an interesting story. The unifying theme was the East End.

“Bounty Uncharted” brings its guests onto the water, into kitchens, and around the community. One episode featured restaurateur and fitness entrepreneur Michael Chernow, who had never caught a tuna before being taken offshore. Another featured Southampton-based chef and creator Anastasia Ganiás of Fancy Peasant, who has had a recurring presence in the series.

This season has expanded the concept. Guests have included the likes of Daphne Oz and Chef Dennis Prescott, who each joined the crew on fishing trips. Other episodes have featured Major League Soccer commissioner Don Garber and followed the Montauk Canyon Challenge, where Anastasia caught her first tuna.

There is no guarantee of what will happen once the cameras roll.

“It’s unscripted — it’s just kind of amazing,” he said. “We don’t know what’s gonna happen. We don’t know what we’re gonna catch.”

“There is that element of surprise,” Jeff continued. “Which is really fun. Which makes the show even better.”

That authenticity and uncertainty extend to the people appearing on camera. Fish may not always cooperate. And the crew and guests must adapt. Sometimes the most memorable moments are the ones nobody planned.

“It’s 100% authentic, and it’s just showcasing real life out here,” he said. “So that’s kind of the core of the show.”

The production itself has also evolved. This season, Jeff said, the series has taken on a more cinematic quality, combining traditional production footage with aerial cinematog-



Photos by Michael Cuomo



Jeff Ragovin and Michael Cuomo

raphy from Montauk Air. It is particularly striking when the subject is marine life.

“When you’ve got the drone up, you’re seeing a whale do like 3, 4, 5, 6 lunges in the air and then flapping their fins. Like, that’s insane.”

That aerial perspective is central to “Empire of the Atlantic,” a “Bounty Uncharted” short film selected for the Hamptons International Film Festival screening on October 7 and 9. The film focuses on footage captured from above the ocean, following whales, sharks, and other marine life offshore.

“I don’t think it’s actually sunk in yet that we were selected,” Jeff said. “Because it’s kind of a big deal.”

For Jeff, however, the film is about more than spectacular images. It also introduces viewers to Michael A. Cuomo, the drone operator and one of the creative forces behind the series.

“I want people to know who Mike is,” he said. “I’m narrating it, but it’s really about Mike’s skillset with the drone and a little more about who he is.”

The project also connects to another major part of Jeff’s life: conservation work through South Fork Sea Farmers, where he serves as board president. The organization supports oyster farming, reef restoration, and scholarships for local students. A portion of the proceeds from “Bounty Uncharted” goes to the nonprofit.

The series has also begun expanding beyond the East End. A recent episode took the production to Washington state for a salmon-fishing adventure, marking the show’s first foray outside the Hamptons.

But the East End remains the show’s base, documenting food, fishing, and compelling personalities to tell the story of the place Jeff and so many others love and call home.



Photos courtesy The Pearl

The Pearl

Founder Marcella Hymowitz Talks Upper East Side Wellness Club

By Jessica Mackin-Cipro

The Upper East Side’s wellness club, The Pearl, was founded in 2025 by Marcella Hymowitz, a former Knicks City Dancer and the founder of the event production company Studio MGH Creative. Hymowitz has danced for artists including Pitbull and Fergie, and her work has been featured on “Saturday Night Live” and “Sex and the City.” This past summer, The Pearl also held a Hamptons pop-up with classes at WAVE in Southampton and at Post House in Sag Harbor.

Hymowitz was inspired by her daughter to create The Pearl to provide a dedicated space where women of all ages could explore movement, creativity, and wellness.

The Pearl offers a diverse lineup of classes, including Sculpt, Mat Pilates, Strength Training, Dance Cardio, and Hip-Hop Sculpt, and regularly collaborates with leading trainers, wellness experts, educators, and female leaders.

We asked Hymowitz a few questions to learn more.

What inspired you to create The Pearl, and what was your original vision?

I’ve imagined having my own studio since I was a teenager. I started teaching dance at 13, long before I danced professionally, and teaching has always been the thread connecting each chapter of my career. I went on to dance professionally with the Knicks City Dancers for five seasons, then worked as a choreographer and creative director. The Pearl feels like the culmination of all those experiences.

I never wanted to open just another fitness or dance studio. I wanted to create the kind of place I wished existed... somewhere you could take an incredible class, stay afterward, see friends, get work done, bring your daughter, and feel like you belonged.

We designed The Pearl to feel more like a club and community than a traditional studio. Along with fitness and dance, there’s a lounge, beauty room, study area, events, conversations, and programming beyond

working out. Seeing people use the space that way has been one of the most rewarding parts of opening The Pearl.



How did your background prepare you for opening this business?

Being a dancer prepared me for entrepreneurship in ways I didn’t fully appreciate until I started The Pearl. Dance teaches you discipline, resilience, teamwork, and how to respond to criticism.

When I was younger, I balanced school, teaching, auditions, rehearsals, and different jobs because I wanted to dance professionally. As a Knicks City Dancer, the expectations were high: you had to know the choreography and formations, stay polished and professional, and be ready to perform at any moment. That work ethic has stayed with me.

Being a choreographer and creative director also shaped how I run the business. I’m detail-oriented, but I always look at the bigger picture. In choreography, every person has a role and every transition matters. Building The Pearl is surprisingly similar.

I’ve also learned that you can’t build something like this alone. I’m incredibly fortunate to have a team that cares deeply about The Pearl and what we’re creating.

You built a space where mothers, daughters, teens, and young professionals can all exist under one roof. What inspired that multigenerational concept?

This is personal to me because I’m a mother, a dancer, and a woman who still genuinely loves taking class. I never understood why those worlds needed to be separate.

There are wonderful places for children to dance and boutique fitness studios for adults, but I wanted to create somewhere a mother and daughter could both feel at home. A mom might take Sculpt or Pilates while her daughter is in dance, cheer, or acro. A teenager can come after school, take a class, do homework in the lounge, and see her friends. Women can come for a workout and stay because they’ve found a community.

I love what happens when different generations of women are together. Young girls see strong, active women prioritizing themselves and their friendships, while adults experience the energy and creativity of the next generation.

The goal was never simply to create great dancers or offer great workouts. I want girls to leave The Pearl with confidence, discipline, and a sense of belonging... qualities they can carry with them long after they leave the studio.

The Pearl offers movement, creative programming, and social connection. Why was it important that wellness extend beyond working out?

Wellness is so much bigger than what happens during a 50-minute class.

Movement is a huge part of my life, but so are friendship, creativity, conversation, confidence, and having a place where you feel comfortable being yourself. I wanted The Pearl to reflect all of that.

For younger girls especially, there’s value in having a place that isn’t school or home. Somewhere they can put down their phones, move, spend time with friends, create, hear from inspiring women, participate in community service, or simply sit together in the lounge.

For adults, it can be just as simple. You come in for a workout and, over time, realize you’ve met people and become part of something. That sense of community is one of my favorite things about The Pearl.

We’ve been fortunate to bring together amazing instructors and collaborators, including Isaac Boots, KKSWEAT, DanceBody, and The Sculpt Society, while keeping the experience intimate and personal.

What’s coming up at The Pearl this fall?

Fall feels like an exciting next chapter as we build on what we’ve learned during our first year. We’re expanding our dance and cheer programming for girls, including our competitive teams. I grew up in that world, and I know firsthand how much being part of a team teaches you beyond dance: discipline, accountability, confidence, sportsmanship, and how to show up for others.

We’re also evolving our fitness schedule with returning instructors, new talent, and classes for adults and teens. I want the programming to feel fresh while maintaining the familiarity and community that make The Pearl special.

Beyond classes, we’re continuing to grow our events, conversations, creative programming, community service, and opportunities for women and girls to connect.

We’re only a little over a year old, so I still feel like we’re just getting started. The most exciting part has been listening to our members and watching how they use the space. Some of our best ideas have come from the community, and I want The Pearl to keep evolving with them.

Jill Platner

Talking With Trees

By Jessica Mackin-Cipro

Jill Platner approaches jewelry as small-scale sculpture, handcrafted by a team of skilled artisans in her NoHo studio. Today, over 60 of her large-scale sculptures are installed across the grounds of LongHouse Reserve in East Hampton — “Talking with Trees” places her signature forms in direct dialogue with the trees themselves — not as a backdrop, but as collaborators.

We spoke with Jill to learn more about her work — from the cuff she created with the late Gloria Steinem to what she has discovered about her own work among the trees at LongHouse.

You studied furniture design before jewelry and sculpture became your medium. What about jewelry first pulled you in?

I was a furniture design and metals major, which allowed me to explore sculptural work in both areas. The moment I made my first cut into silver with a jeweler’s saw, I felt as if I had been struck by lightning — and after that I knew I had discovered one of my purposes in life.

The feeling of creating something three-dimensional from a sheet of metal, that could then be worn on the body was astounding to me. I loved the power and beauty in adorning the body, and have always considered my jewelry to be wearable sculptures.

You initially made jewelry for yourself based on your sculptures, and then someone

bought one of your first necklaces from you while you were walking down the street. What did you feel in that moment?

Elation! I was wearing the necklace, and someone asked to buy it right off my body. It was a real jolt of confirmation that I was on the right path.

You created a cuff in collaboration with Gloria Steinem to celebrate her 90th birthday. How did that collaboration come about?

Several years before her 90th, we designed a ring together, and Gloria was interested in reproducing the design to sell with the profits going to a cause she believed in. We named it “The Gloria Ring” and have since donated over \$30k to Planned Parenthood. We’re still selling the ring — and have no intention of stopping — but now all profits are donated to Gloria’s Foundation.

During this time together in my studio, she really gravitated toward my cuffs, in particular the Warrior cuff — which she immediately doubled up on! With her passion for jewelry, especially substantial cuffs and rings, it felt inevitable that we’d be collaborating again, this time on making the Wonder Women cuff together!

What did you want the piece to communicate about Gloria?

Oh, gosh — I wanted it to communicate what she felt when wearing them, which was



deeply empowered, protected, and defiant. She really was the real-life Wonder Woman and said she could dodge bullets with her double cuffs.

After decades of working in jewelry, does it feel like “Talking with Trees” at LongHouse is a return to your original language as a sculptor?

I’ve been creating sculpture along with jewelry since the early ’90s, so I don’t think of the two in binary terms — they’re really just different facets of the same diamond to me. One is always informing the other. To have the opportunity to dream this big and to be able to immerse myself so fully was incredibly exhilarating, inspiring, and exhausting. I loved it all!

With more than 60 large-scale works installed throughout the grounds, how did you think about creating a dialogue between the pieces?

This was really very important for me to get right. My team and I did many site visits throughout the entire process, letting the trees and environment imprint upon us — just quietly listening, observing, and exploring. Those impressions then directly



informed the grouping and placements. If you spend time quietly roaming there, you can see and feel the pieces in contact with each other — the sort of feeling you get while listening to birds and other creatures calling out to one another. Each piece has a role in the installation, which is also reflected by their forms, names, and placements.

What did you discover about your own work by seeing it surrounded by trees, weather, light, and now the changing seasons?

Most of my sculptures are made from bronze or copper — because I’ve always felt that they should live outside. Both metals have endured the elements for thousands of years. It was (and still is) incredibly rewarding to see them

out there. It’s very peaceful and meditative walking through the installation.

Seeing them sway in unison with the branches on a windy day. Seeing sunlight, mist, or rain sparkle on them. Seeing birds landing on them. Seeing spiders spin their webs and make homes in them. Seeing the snow pile up on them.

All of it makes me so happy and I feel that they are a complete part of the ecosystem there. Every sculpture that we installed immediately felt at home and integrated into the forest, as if they’d grown up there!

It’s a true test of durability, being out for many seasons now and enduring all of the elements. They are just quietly listening to the wonders of the earth. These sculptures (and hopefully the trees) will outlive me, which I love!

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Photo by Jonas Gustavsson

TEREZ’s NYFW Debut Was A Love Letter To New York

By Lisa Frohlich @HamptonsNYStyle

Some fashion shows are just fashion shows, and others catch you off guard with how much they mean. TEREZ’s first-ever runway show, downtown during New York Fashion Week on September 9, was the second kind.

I walked into a room built to feel like a stadium, and honestly, it worked. TEREZ has spent years dressing women and girls who love sports as much as they love get-

ting dressed, and this show was the clearest statement yet of what that mission looks like in motion. Bomber jackets, windbreakers, sweatshirts, the label’s best sellers alongside pieces I hadn’t seen before, all of it moving down the runway under lights that felt more MSG than gallery.

The tribute ran through every New York team you could think of. The Knicks, fresh off their championship. The Yankees, the Giants, the



A wall full of team jackets as you entered the event. Photo by Madison Voelkel BFA.com



Lisa Frohlich attending TEREZ’s Beyond the Bleachers at NYFW



Photo by Madison Voelkel BFA.com

Rangers, the Nets, the Mets, the Jets, Gotham FC, and the Liberty. I should admit I am a huge sports fan myself — my whole family watches these teams together, and seeing Gotham FC up there on the runway meant something extra personal. A friend of mine co-owns the team, so watching women’s soccer get the same love as every other New York franchise in that room made me genuinely thrilled. TEREZ has built real partnerships across the NBA, NHL, WNBA, NWSL, and NFL since its first deal with the MLB back in 2022. This wasn’t a brand borrowing team logos for a season, this is a company that has been doing this work since 2008.

The biggest reveal of the night was the first look at TEREZ’s collaboration with Anne Hathaway, an Oscar winner and a true Knicks fan. The capsule is called Garden Gravity, and Hathaway explained the name better than I could. “There’s something about getting the best fans in the world together with absolute greatness, be it OG taking flight in Game 4 or Harry Styles breaking records, and feeling the entire Garden lift off,” she said.

Celebrity stylist Erin Walsh pulled the looks together, rounding them out with pieces from Madison Avenue Couture and jewelry from London Jewelers, and the runway was full



Isaac Boots, Zara Tereh Tisch, Lauren Levison, Heather Levine; Photo by Madison Voelkel BFA.com

of women with real ties to these teams. Ali Brunson, married to Jalen Brunson, walked. So did Marissa Ayers, who is dating Giants quarterback Jaxson Dart, and Katia Lindor, married to Mets star Francisco Lindor. The room was full too, with Liv Walker from “Love Island,” Shannon Hart (married to NBA champion Josh Hart), Alex Pall of The Chainsmokers, “Summer House’s” KJ Dillard, and “The Bachelor’s” Natasha Parker all there to watch.

Here’s what stayed with me. This show happened two days before September 11. Standing in a room built entirely around New York pride, around the teams that get this city through long seasons and hard years, right before the 25th anniversary, hit differently than I expected. New York shows up for itself, win or lose, season after season, and watching TEREZ put that on a runway just before 9/11 reminded me why I love calling this city home.

James Lane[®] POST

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Editor’s Note

Welcome to our fall issue. We hope you enjoy the features within.

We’re thrilled to include highlights from the Hamptons International Film Festival, one of our favorite happenings of year on the East End.

As the weather turns colder, we hope you enjoy one of New York’s best seasons and savor all our region has to offer.

Sit back, relax, and enjoy the read.

Jessica Mackin-Cipro
Editor-in-Chief,
James Lane Post



The James Lane Post September issue.

The Formula x Meredith

Hamptons Fitness Studio Expands To Manhattan With New Upper East Side Location

Since establishing itself as a top fitness spot in the Hamptons, The Formula x Meredith is now extending its signature workout to Manhattan with a new studio opening on the Upper East Side.

Founded by former professional dancer and fitness entrepreneur Meredith Shumway, The Formula x Meredith has earned a devoted following for its high-performance, results-driven approach to movement — combining strength, sculpting, endurance, and precision in a workout designed to transform both body and mind.

The Upper East Side expansion represents a significant milestone for the rapidly growing brand, bringing New Yorkers the same approach that has established The Formula x Meredith as a wellness hotspot in the Hamptons.

“Our mission has always been to create a workout that delivers lasting results while making people feel stronger, more confident, and energized every time they walk through our doors,” said Meredith Shumway. “Bring-

ing The Formula to Manhattan allows us to share that experience with an entirely new community.”

The Formula x Meredith emphasizes intentional programming rooted in proper alignment, functional strength, and intelligent movement. Inspired by Shumway’s professional dance career, every class is designed to improve posture, increase endurance, build lean muscle, and promote longevity through safe, effective training.

“The Formula X Meredith is a combination of everything I love in a workout. I wanted to create something where you can take one class and feel that your entire body and every muscle has been targeted and, at the same time, have so much fun doing it,” said Meredith.

The new Upper East Side studio, located on East 86th Street, is a destination for New Yorkers seeking a sophisticated, high-energy fitness experience with the personalized feel of a boutique community. Her Hamptons location is located at The Barn in Bridgehampton.



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BCM Autumn

Bridgehampton Chamber Music’s Fall Series Brings The Miró Quartet, Met Opera Star Susanna Phillips, & ‘A Baroque Celebration’ For The Holidays

Bridgehampton Chamber Music’s three-concert BCM Autumn 2026 series welcomes Metropolitan Opera star Susanna Phillips for a lively chamber program, welcomes back the celebrated Miró Quartet, and presents what is becoming an East End tradition: a festive holiday program of Baroque music.

One of America’s most acclaimed string quartets, the Austin-based Miró Quartet returns to BCM on October 24 with a program of music by Schubert and Caroline Shaw.

Internationally acclaimed soprano Susanna Phillips joins pianist and composer Michael Stephen Brown, clarinetist Yoonah Kim, and cellist Brannon Cho on November 14 for a program featuring music for voice, piano, cello, and clarinet — in various combinations — by Beethoven, Brahms, Schumann, and Gershwin, as well as Brown’s own “Love’s

Lives Lost,” which he wrote for Phillips.

December 12 brings BCM founder and flutist Marya Martin together with harpsichordist Sylvia Berry (making her BCM debut), violinists Joshua Brown and Jennifer Frautschi, and cellist Leland Ko to perform “A Baroque Celebration” for the holidays.

In the four decades plus since its founding in 1984, Bridgehampton Chamber Music, the longest-running classical music festival on Long Island, has become known for presenting a broad range of music performed by some of the world’s best musicians in one of the most beautiful seaside settings. With autumn and spring mini-series joining the summer festival, Bridgehampton Chamber Music now offers programs almost year-round.

The 5 PM Saturday concerts take place at Bridgehampton Presbyterian Church. Visit bcmf.org.



Miró Quartet. Photo courtesy BCMF

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