

HOPEFitness

Making Fitness Accessible for ALL Abilities

It's Fun,
It's Fitness,

It's Zumba!



ZUMBA[®]
FITNESS

**First Class
FREE!**

Open to the Public!

ALL Levels Welcome!

Just \$60 per month

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. It's a "feel-happy" workout that is great for the body & mind.

**Come "Spice Up Your Workout"
and Have Fun!**

SPACE IS LIMITED. SIGN UP TODAY!

Wednesdays 6pm - 7pm

Classes must be pre-paid

HOPEFitness Nassau

2750 N. Jerusalem Rd., North Bellmore, NY 11710

1(877) 396-HOPE (4673)

www.HOPEFitness.org