

OPEN to
the Public!

HOPEFitness

Making Fitness Accessible for ALL Abilities

ALL
Levels & Ages
Welcome

YOGA

Wednesdays 4:30 - 5:30 pm



RELAX | STRETCH | BREATHE

ENCOURAGE A FRIEND TO JOIN AND RECEIVE A FREE WORKOUT AND ASSESSMENT!

Space is Limited **MUST RSVP to Info@HOPEFitness.org or call 1(877) 396-HOPE (4673)**

501 (c) (3) Non-Profit Organization. Open to the Public



Please call for location

www.HOPEFitness.org