

HOPEFitness

Making Fitness Accessible for ALL Abilities

It's Fun,
It's Fitness,



ZUMBA[®]
FITNESS

**First Class
FREE!**

Open to the Public!

ALL Levels Welcome!

Just \$60 per month

It's Zumba!

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!**

Tuesdays 4pm-5pm
Classes must be pre-paid

HOPEFitness Suffolk

Please call for location

1(877) 396-HOPE (4673)

www.HOPEFitness.org