



HOPEfitness fills niche for disabled fitness enthusiasts



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December 12, 6:26 PM Long Island Gyms Examiner Adrienne Hayes

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Finding a gym where you feel comfortable can be a challenge for many people. For those who have any type of disability it is even more of a struggle. Thankfully, HOPEfitness offers a solution. It is an oasis in the desert for those who are physically, intellectually or developmentally disabled.

At this gym, people of all ability levels are welcome. Wheelchairs, walkers or crutches are a common site, but the stories pouring out of this gym are not so common. They are saturated with accounts of overcoming tremendous obstacles, rising above circumstances and how the dedication of one individual can affect hundreds more.

At HOPEfitness, clients are able to pursue their fitness goals while expanding their social circle. Meeting new people and making friends encourages people to keep coming back to the gym. Individuals come from as far away as the Hamptons and Queens to meet up and exercise in an environment that is welcoming, encouraging and safe.

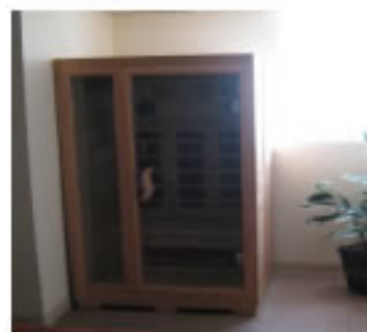
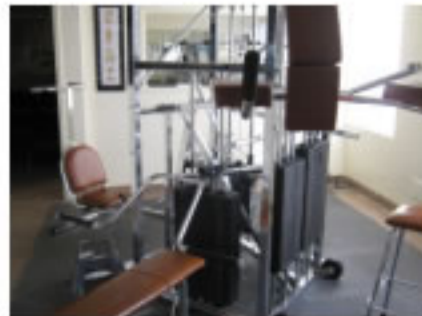
while utilizing an abundance of gym equipment found in commercial gyms. Steps, medicine balls, free weights and recumbant bicycles are plentiful. There is a spacious area for aerobics and group training.



(l) Eric, Linda and Richard in group weight training session;(r) Trainer [Joe Venturi](#) learns more about group training at HOPEfitness

A renovated lounge area provides a space for clients to enjoy some down time or to celebrate special occasions such as birthdays and even an engagement or two. A recently added Universal machine and infrared sauna (pictured below) add even more options for clients to enjoy.

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HOPEfitness offers a **FREE** initial workout session and their affordable rate of \$15 a class makes it financially available to many individuals. If anyone you know has a disability or has a family member with a disability, please share this article with them. With locations in [Bohemia](#) and [North Bellmore](#), HOPEfitness is readily accessible.

HOPEfitness is supported primarily by its owner, Harvey Greenberg. They will gladly accept donations to continue improving their facility, as well as donations of fitness equipment. To find out more about HOPEfitness and how you can help, [click here](#).