



# HOPEFitness

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*Nassau*

**Welcome Back!**

**M.S. Members**

**We can't wait to see you!**

**Friday October 3<sup>rd</sup>, From 11:30 – 12:30  
2750 N. Jerusalem Rd, North Bellmore, NY**

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For more information please contact Teresa at  
(516) 312-6171 or [Info@HOPEFitness.org](mailto:Info@HOPEFitness.org)