

Weekly Class Schedule

Effective May 2017

(PLEASE NOTE: Daytime hours available for Personal (1 on 1) Training, Day Habs, School Field Trips, etc.)

HOPEFitness Nassau

2750 North Jerusalem Road
North Bellmore, NY 11710

Group Fitness:

Monday: 6PM – 7PM, 7PM - 8PM

Tuesday: 5PM – 6PM

Thursday: 6PM – 7PM

Saturday: 11AM – NOON

Teen Zone Clubhouse:

Tuesday: 4:30PM - 6:00PM

Yoga Class:

Wednesday: 5PM - 6PM

Zumba Fitness:

Wednesday: 6PM-7PM

MS Fitness Class:

Friday: 11:00AM – NOON

HOPEFitness Suffolk

CALVARY BAPTIST CHURCH
2981 Horseblock Road
Medford, NY 11763

Group Fitness:

Monday: 6:30PM– 7:30PM, 7:30PM - 8:30PM

Tuesday: 5:00PM - 6:00PM

Wednesday: 5:30PM - 6:30PM, 6:30PM – 7:30PM

MS Fitness Class:

Monday: 10:45AM-Noon

Zumba Fitness:

Tuesday: 4:00PM – 5:00PM

Yoga Class:

Wednesday: 4:30PM - 5:30PM



1(877) 396-HOPE (4673) ~ E-Mail: Info@HOPEFitness.org

HOPEFitness

Making Fitness Accessible for ALL Abilities