

# HOPEFitness

*Making Fitness Accessible for ALL Abilities*

## Taekwondo/Self-Defense



- Increase Focus
- Gain Confidence
- Improve Discipline
- Increase Independence
- Promote Self-Awareness

### [2 Locations Available](#)

#### [Wantagh](#)

Mondays

5:30PM – 6:15PM

OR

#### [Oceanside](#)

Tuesdays

5:30PM – 6:15PM

Open to the Public ~ All Levels & Ages ~ Self-Direction Ok

FREE Initial Class and Evaluation ~ \$90.00 per month

[www.HOPEFitness.org](http://www.HOPEFitness.org) ~ 1 (877) 396-**HOPE**

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