

# Weekly Class Schedule

Effective October 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

170 Wilbur Place  
Bohemia, NY 11716

### Group Fitness:

**Monday:** 6:00PM-7:00PM, 7:00PM-8:00PM

**Tuesday:** 5:00PM - 6:00PM

**Wednesday:** 6:00PM -7:00PM, 7:00PM - 8:00PM

### 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*