

# HOPEFitness

Making Fitness Accessible for ALL Abilities

It's Fun,  
It's Fitness,

## It's Zumba!



**ZUMBA**  
FITNESS

**First Class  
FREE!**

Open to the Public!

ALL Levels Welcome!

Just \$60 per month

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. It's a "feel-happy" workout that is great for the body & mind.

**Come "Spice Up Your Workout"  
and Have Fun!**

Tuesdays 4pm-5pm  
Classes must be pre-paid

**HOPEFitness Suffolk**

170 Wilbur Place, Bohemia, NY 11716

1(877) 396-HOPE (4673)

[www.HOPEFitness.org](http://www.HOPEFitness.org)