



HOPEFitness NASSAU

Teen Zone

Giving Teens with Disabilities the Time of Their Lives!

Fitness, Dancing, Games and More...

Tuesdays 4:30pm – 6:00pm

2750 N. Jerusalem Rd, North Bellmore, NY 11710



Space is Limited MUST RSVP to
Info@HOPEFitness.org or call **1(877) 396-HOPE (4673)**
501 (c) (3) Non-Profit Organization. Open to the Public

HOPEFitness
Making Fitness Accessible for ALL Abilities
www.HOPEFitness.org