



## 2019 Schedule

**Tuesdays 4:30pm – 6:00pm** | 2750 N. Jerusalem Rd, North Bellmore, NY 11710

September: 3, 10, 17, 24

October: 1, 8, 15, 22, 29

November: 5, 12, 19, 26

December: 3, 10, 17, 24, 31



[Info@HOPEFitness.org](mailto: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](http://www.HOPEFitness.org)