

HOPEFitness

Making Fitness Accessible for ALL Abilities

It's Fun,
It's Fitness,



ZUMBA[®]
FITNESS

First Class
FREE!

Open to the Public!

ALL Levels Welcome!

Just \$100 per month

(Classes Must Be Pre-Paid)

It's Zumba!

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!

HOPEFitness Nassau - Wednesdays 6pm-7pm
2750 N. Jerusalem, North Bellmore, NY 11710

HOPEFitness Suffolk - Tuesdays 4pm-5pm
170 Wilbur Place, Bohemia, NY 11716

1(877) 396-HOPE (4673) | www.HOPEFitness.org