Weekly Class Schedule

Effective September 2020

*ALL Classes are OPEN to the Public ~ Self Direction OK!

(Please Note: Daytime hours available for Personal (1 on 1) Training, Day Habs, School Field Trips, etc.)

HOPE Fitness Nassau
2750 North Jerusalem Road
North Bellmore, NY 11710

Group Fitness:
Tuesday: 6PM – 6PM
Saturday: 11AM – NOON

Yoga Class:
Wednesday: 5PM - 6PM

Zumba Fitness:
Wednesday: 6PM-7PM

MS Fitness Class:
Friday: 11:00AM – NOON (Resumes 10/9/20)

HOPE Fitness Suffolk
170 Wilbur Place
Bohemia, NY 11716

ALL Abilities Art: Monday 5:00pm-5:45pm

Group Fitness:
Monday: 6:00PM -7:00PM
Thursday: 6:00PM -7:00PM

MS Fitness Class:
Monday: 10:45AM-Noon (resumes 10/5/20)

Zumba Fitness:
To Be Announced

Yoga Class:
To Be Announced

Multi-Sports Program: Saturday: 10am - noon

1(877) 396-HOPE (4673) ~ E-Mail: Info@HOPEFitness.org

HOPE Fitness
Making Fitness Accessible for ALL Abilities