

Weekly Class Schedule

Effective January 2021

**ALL Classes are OPEN to the Public*

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

HOPEFitness Nassau

2750 North Jerusalem Road
North Bellmore, NY 11710

Group Fitness:

Tuesday: 6PM – 6:45PM

Saturday: 11AM – 11:45AM

Yoga Class:

Wednesday: 5PM - 5:45PM

Zumba Fitness:

Wednesday: 6PM-6:45PM

MS Fitness Class:

Friday: 11:00AM – NOON (Resumes 3/21)



HOPEFitness Suffolk

170-1 Wilbur Place
Bohemia, NY 11716

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

Group Fitness:

Monday: 6PM –6:45PM

Thursday: 6PM –6:45PM

MS Fitness Class:

Monday: 10:45AM-Noon (resumes 3/21)

Zumba Fitness:

To Be Announced

Yoga Class:

Wednesday: 4:30PM –5:15PM



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

HOPEFitness

Making Fitness Accessible for ALL Abilities