

Weekly Class Schedule

Effective September 2021

**ALL Classes are OPEN to the Public*

Daytime hours also available for Personal (1 on 1) Training, School Field Trips, etc.)

HOPEFitness Nassau

2750 North Jerusalem Road
North Bellmore, NY 11710

Group Fitness (In-Person):

Saturday: 11AM – 11:45AM
NOON - 12:45PM

Wednesday: 6:00PM– 6:45PM

Yoga Class (In-Person):

Wednesday: 5PM—5:45PM

(Please call for Remote)

Zumba Fitness (In-Person):

To be announced *(Please call for Remote)*

MS Fitness Class:

Friday: 11:00AM – NOON (Resumes in Oct.)

HOPEFitness Suffolk

170-1 Wilbur Place
Bohemia, NY 11716

ALL Abilities Art: Monday 5:00pm-5:45pm (Remote)

Group Fitness (In-Person):

Thursday: 6:00PM—6:45PM

Yoga Class (In-Person):

Monday: 6PM –6:45PM

(Please call for Remote)

Zumba Fitness (In-Person):

To be announced *(Please call for Remote)*

MS Fitness Class:

Monday: 1:45PM—3PM (Resumes in Oct.)



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

HOPEFitness
Making Fitness Accessible for ALL Abilities