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):

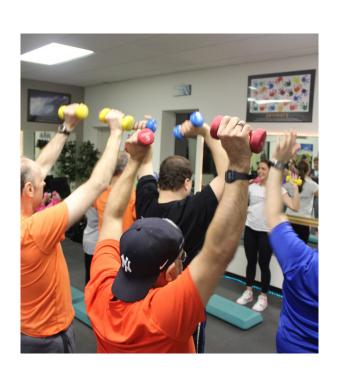
To be announced (Please call for Remote)

MS Fitness Class:

Monday: 1:45PM—3PM (Resumes in Oct.)

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







Making Fitness Accessible for ALL Abilities