

Open to the Public



Fitness for ALL Abilities



All Ages and Levels Welcome

- ▶ Group Fitness Classes
- ▶ Personal (1 on 1) Training
- ▶ Specialized Fitness & More...

1 on 1: \$75 per session (no membership fee) - Discounted pre-paid packages available

Group classes start at just \$100 per month (no enrollment fee)

HOPEFitness

Making Fitness Accessible for ALL Abilities
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Locations in Nassau & Suffolk

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

