

OPEN to
the Public!

HOPEFitness
Making Fitness Accessible for ALL Abilities

ALL
Levels & Ages
Welcome

YOGA

2750 N. Jerusalem Rd, North Bellmore, NY 11710 | Wednesdays 5:00 - 6:00 pm

**First Class
FREE!**

Open to the Public!

ALL Levels Welcome!

\$35.00 per class



RELAX | STRETCH | BREATHE

ENCOURAGE A FRIEND TO JOIN AND RECEIVE A FREE WORKOUT AND ASSESSMENT!
Space is Limited MUST RSVP to Info@HOPEFitness.org or call 1(877) 396-HOPE (4673)

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www.HOPEFitness.org