Monthly Schedule

*Effective November 2022*

*(PLEASE NOTE: Daytime Hours Available for Individual (1 on 1) Training, School Field Trips, etc.)*

**HOPE Fitness Nassau**

2750 North Jerusalem Road
North Bellmore, NY 11710

**Group Fitness Classes:**
- Saturday: 11AM – 11:45AM
  NOON - 12:45PM
- Thursday: 7PM - 7:45PM

**Teen Zone Fitness:**
- Tuesday: *To Be Announced*

**Yoga Classes:**
- WEDNESDAYS: 5:00PM - 5:45PM (In Person)
  *REMOTE AVAILABLE PLEASE CALL*

**Zumba Classes:** *(Resuming Soon)*

**HOPE Fitness Suffolk**

170 Wilbur Place
Bohemia, NY 11716

**ALL Abilities Art:** Thursdays 5:00PM *(In Person)*
- Mondays 5:00PM *(Remote)*

**Group Fitness Classes:**
- Thursday: 7:00PM – 7:45PM

**Multi-Sports Classes:**
- Saturdays: 10:00AM-10:45AM *(3-8 yrs. old)*
- Saturdays: 10:45AM-11:00AM *(9-15 yrs. old)*

**Zumba Classes:** *(Resuming Soon)*

*REMOTE AVAILABLE PLEASE CALL*

**Yoga Classes:** *(Resuming Soon)*

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

*HOPE Fitness*
Making Fitness Accessible for ALL Abilities