



HOPEFitness

FRIDAY NIGHT

Social

MONTHLY ACTIVITIES MAY INCLUDE:

- KAROAKE NIGHTS
- MOVIE NIGHTS
- PUZZLE NIGHTS
- DANCE NIGHTS
- GAME NIGHTS
- ART PROJECT NIGHTS
- MUSIC CLASS NIGHTS
- FITNESS NIGHTS

(Learn different styles of dance)

170 WILBUR
PLACE
BOHEMIA, NY
11716

FRIDAY
FRIDAY
7PM - 9PM

FEE
FEE
\$25

LIGHT
SNACKS &
REFRESHMENT
PROVIDED

Please RSVP to info@HOPEFitness.org or call
1 (877) 396-HOPE (4673) | www.HOPEFitness.org