



Fitness for ALL Abilities



All Ages and Levels Welcome

Group Fitness Classes ~ Individual (1 on 1) Training ~ Specialized Fitness

\$100.00 per 1 on 1 session (no membership fee) pre-paid packages available

\$35.00 per group class (no enrollment fee) fitness, yoga, dance, etc.

HOPEFitness

Making Fitness Accessible for ALL Abilities
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Locations in Nassau & Suffolk

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

