



# 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  
22  
SEPTEMBER  
7PM - 8:30PM

FEE  
\$25

LIGHT  
SNACKS &  
REFRESHMENT  
PROVIDED

Please RSVP to [info@HOPEFitness.org](mailto:info@HOPEFitness.org) or call  
1 (877) 396-HOPE (4673) | [www.HOPEFitness.org](http://www.HOPEFitness.org)