

HOPEFitness

Making Fitness Accessible for ALL Abilities

IT'S FUN
IT'S FITNESS
IT'S DANCING!

FIRST
CLASS
FREE

Dance Classes

- "Spice Up" Your Workout & Have Fun!
- Safe & Comfortable Atmosphere
- Learn various basic dance routines each week while having **FUN!**

Suffolk

170 Wilbur Place,
Bohemia, NY 11716

Nassau

2750 N. Jerusalem Road
N. Bellmore, NY 11710

ALL Levels & Ages Welcome!
\$35.00 per class
\$100 Individual (1-on-1)

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

