

Monthly Schedule

Effective April 2024

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

HOPEFitness Nassau

**2750 North Jerusalem Road
North Bellmore, NY 11710**

Group Fitness Classes:

Tuesdays: 2PM & 7PM

Thursdays: 11AM

Saturdays: 11AM & NOON

Yoga Class:

Wednesdays: 5:00PM-5:45PM

REMOTE & 1 on 1 AVAILABLE PLEASE CALL

Dance Class:

REMOTE & 1 on 1 AVAILABLE PLEASE CALL

HOPEFitness Suffolk

**170 Wilbur Place
Bohemia, NY 11716**

ALL Abilities Art: Thursdays 5:00PM (In Person)

Mondays 5:00PM (Remote)

Group Fitness Classes:

Mondays: 2PM

Thursdays: 11AM & 7:00PM

Multi-Sports Group Classes:

Tuesdays: 3:30pm (Ages 5-12)

Tuesdays: 3:30pm (Ages 13-18):

Yoga Class:

REMOTE & 1 on 1 AVAILABLE PLEASE CALL

Dance Class:

REMOTE & 1 on 1 AVAILABLE PLEASE CALL



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

HOPEFitness

Making Fitness Accessible for ALL Abilities