

HOPEFitness

Making Fitness Accessible for ALL Abilities



DAYTIME **GROUP** **FITNESS** **CLASSES**

ALL Abilities & Ages Welcome!

**SUFFOLK: MONDAYS 2PM
& THURSDAYS 11AM**

**NASSAU: TUESDAYS 2PM
& THURSDAYS 11AM**

Please Register at:

www.HOPEFitness.org/Register/

BURN CALORIES
REDUCE STRESS
BUILD MUSCLE
HAVE FUN!!!

\$35.00 Per Class

Group Discounts Available!

WWW.HOPEFITNESS.ORG ~ (877) 396-HOPE

SUFFOLK: 170-1 WILBUR PL., BOHEMIA, NY 11716 ~ NASSAU: 2750 N. JERUSALEM RD., N. BELLMORE, NY 11710 ~ 501(C)(3) NON-PROFIT

