

# HOPEFitness

*Making Fitness Accessible for ALL Abilities*

## **Fitness for ALL Abilities**



### **Group Fitness Classes**

### **Individual (1 on 1) Training**

***ALL LEVELS & AGES WELCOME!***

***Burn Calories/Lose Weight***

***Reduce Stress***

***Improve Muscle Tone***

***Improve Self-Esteem***

***Create a Healthy Lifestyle***

***Maximize Work-Place Performance***

***\$35.00 Per Group Class (Fitness, Yoga, Dance, etc.) (NO Enrollment Fee)***

***\$100.00 Per 1 on 1 Training Session (NO Membership Fee)***

***Discounted Pre-Paid Packages Available for Individual (1 on 1) Training***

***Locations in Nassau & Suffolk ~ Open to the Public***

***[www.HOPEFitness.org](http://www.HOPEFitness.org) ~ (877) 396-HOPE***

***Since 2005 Providing Opportunities in Exercise ~ 501(c)(3) Non-Profit***

