



HOPEFitness

GROUP & INDIVIDUAL (1-on-1) FITNESS CLASSES

FITNESS FOR ALL ABILITIES

LOCATIONS IN NASSAU & SUFFOLK OPEN TO THE PUBLIC



BENEFITS

- Burn Calories/Lose Weight
- Reduce Stress
- Improve Muscle Tone
- Improve Self-Esteem
- Create Healthy Lifestyle
- Maximize Workplace Performance

ALL AGES & LEVELS WELCOME

\$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

1 (877) 396-HOPE (4673) | www.HOPEFitness.org

SINCE 2005 PROVIDING SAFE, FUN GROUP CLASSES. 501(C)(3) NON-PROFIT