

# Monthly Schedule

**Effective October 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: 7PM**

**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:

**Thursdays: 7:00PM**

### 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*