

# Monthly Schedule

**Effective November 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](mailto:Info@HOPEFitness.org)

# HOPEFitness

*Making Fitness Accessible for ALL Abilities*