



# GROUP FITNESS CLASSES

# INDIVIDUAL (1 ON 1) TRAINING

- *Reduce Stress*
- *Burn Fat/Lose Weight*
- *Increase Muscle Tone*
- *Increase Self Esteem*
- *Create a Healthy Lifestyle*

**HOPE**Fitness

*Making Fitness Accessible for ALL Abilities*

[www.HOPEFitness.org](http://www.HOPEFitness.org)

1 (877) 396-**HOPE**



## ***FREE 1st Class!***

**ALL LEVELS & AGES WELCOME**

**LOCATIONS IN NASSAU & SUFFOLK**

**Group \$45.00 per class ~ Individual \$100.00 per class**

*Discounted Pre-Paid Individual (1 on 1) Packages Available ~ Since 2005 Providing Opportunities*

