

# WEEKLY CLASS SCHEDULE

PLEASE CALL TO SCHEDULE INDIVIDUAL (1 ON 1) TRAINING

MON

BURN CALORIES

**PLAINVIEW**

MOVEMENT CLASSES: 10AM-10:45AM  
1:15PM-2:00PM & 2:15PM-3:00PM

TUE

**NORTH BELLMORE**

GROUP FITNESS CLASS:  
7:00PM - 7:45PM

SELF-ESTEEM

WED

**NORTH BELLMORE**

GROUP YOGA CLASS:  
6:00PM - 6:45PM

**COMMACK**

GROUP FITNESS CLASSES:  
10:45AM-11:30AM & 12:00PM-12:45PM

THU

**BOHEMIA**

ALL ABILITIES GROUP ART CLASS:  
5:00PM - 5:45PM

**COMMACK**

GROUP FITNESS CLASSES:  
9:45AM-10:30AM & 10:45AM-11:30AM

FRI

STRENGTH TRAINING

**COMMACK**

GROUP SWIM INSTRUCTION:  
12:30PM-1:15PM

SAT

**NORTH BELLMORE**

GROUP FITNESS CLASSES:  
11AM-11:45AM 12:00PM-12:45PM

**PLAINVIEW**

GROUP SOCCER CLASS: 9:00AM-10:00AM  
MOVEMENT CLASSES: 10:00AM - 2:00PM

SUN

FLEXIBILITY

**COMMACK**

GROUP MULTI-SPORTS CLASSES:  
10:00AM-2:00PM

**HOPE**Fitness

Making Fitness Accessible for ALL Abilities

(877) 396-HOPE(4673) ~ EMAIL: [INFO@HOPEFITNESS.ORG](mailto:INFO@HOPEFITNESS.ORG) ~ [WWW.HOPEFITNESS.ORG](http://WWW.HOPEFITNESS.ORG)  
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