

# HOPEFitness

*Making Fitness Accessible for ALL Abilities*

## Dance

**FREE  
FIRST  
CLASS!**



Group \$45.00 per class/Individual (1 on 1) \$100.00

**Learn how to  
dance while having  
fun and burning  
calories!**

**ALL Levels & Ages Welcome!**

**Please Register at: [www.HOPEFitness.org/Register/](http://www.HOPEFitness.org/Register/)**

**(877) 396-HOPE ~ [www.HOPEFitness.org](http://www.HOPEFitness.org)**

Locations in Nassau & Suffolk ~ Since 2005 Providing Opportunities

