

# WEEKLY CLASS SCHEDULE

PLEASE CALL TO SCHEDULE INDIVIDUAL (1 ON 1) TRAINING

MON

BURN CALORIES

**PLAINVIEW**

MOVEMENT CLASSES:

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

REDUCE STRESS

FRI

STRENGTH TRAINING

**COMMACK**

GROUP SWIM INSTRUCTION:

12:30PM-1:15PM

SAT

**NORTH BELLMORE**

GROUP FITNESS CLASSES:

11AM-11:45AM 12:00PM-12:45PM

MUSCLE TONE

SUN

FLEXIBILITY

LOSE WEIGHT

**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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