

# HOPEFitness Remote Workouts

HOPEFitness, the premier leader in Fitness Training for Individuals with ALL types of Abilities provides REMOTE FITNESS TRAINING in the comfort of your home. Personal (1 on 1) Training can also be performed at a remote location of your choosing (social distancing adhered to). **\$100 per session.**

▶ Safe ▶ Fun ▶ Effective ▶ Flexible Days/Times



FaceTime



**Fitness | Yoga**

**Dance | Kickboxing**

*Call or email us today to Register at:*

*1 (877) 396-HOPE or [Info@HOPEFitness.org](mailto:Info@HOPEFitness.org)*

**HOPEFitness**

*Making Fitness Accessible for ALL Abilities*

501 ©(3) Non-Profit

1(877) 396-HOPE (4673)

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

