

HOPEFitness

Making Fitness Accessible for ALL Abilities



Dance and Movement Class



MONDAYS 5:00PM - 5:45PM

Experience the **freedom of expression** in every session



Build Confidence
& Self-Esteem



Enhance Creativity
& Expression



Improve Coordination
& Body Awareness



Have Fun &
Make Friends

Whether you're a beginner or advanced dancer, our classes are designed to inspire **creativity and confidence**.

Move, learn & grow at your own pace in a fun, inclusive environment.



**ALL AGES &
LEVELS WELCOME!**

REGISTER AT:
WWW.HOPEFITNESS.ORG/REGISTER
OR
CALL (877) 396-HOPE



\$45 PER GROUP CLASS



\$100 INDIVIDUAL (1 on 1)



WWW.HOPEFITNESS.ORG



INFO@HOPEFITNESS.ORG



LOCATIONS IN NASSAU AND SUFFOLK

HAVE FUN - MAKE FRIENDS - SEE OLD ONES

