

HOPEFitness

Making Fitness Accessible for ALL Abilities



STRONGER TOGETHER, *All Abilities. One Community.*



**FREE
1ST CLASS!**



GROUP FITNESS CLASSES

Supportive • Motivating • Fun

\$45 per class



ONE-ON-ONE TRAINING

Personalized • Focused • Results

\$100 per session

BUILD STRENGTH • BOOST CONFIDENCE • MAKE FRIENDS



**ALL ABILITIES & AGES WELCOME!
LOCATIONS IN NASSAU & SUFFOLK**

☆ *Take the First Step!* ☆

YOUR FIRST GROUP FITNESS CLASS IS FREE!



www.HOPEFitness.org



(877) 396-HOPE