

HOPEFitness

Making Fitness Accessible for ALL Abilities



MULTI-SPORTS CLASS

**FREE
1ST CLASS!**



BUILD SKILLS, BOOST CONFIDENCE, HAVE FUN!



ENHANCE BASIC ATHLETIC SKILLS

Develop fundamental skills across a variety of sports.



GAIN CONFIDENCE & SELF-ESTEEM

Build self-confidence through positive experiences and achievement.



INCREASE COORDINATION

Improve balance, agility, and teamwork in a supportive environment.



Participants will enjoy and learn age-appropriate sports such as soccer, basketball, t-ball & more.



**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 & SUFFOLK**

BUILD SKILLS • BOOST CONFIDENCE • HAVE FUN!

