

HOPEFitness

Making Fitness Accessible for ALL Abilities



REMOTE FITNESS CLASS

**FREE
1ST CLASS!**



**FUN, INTERACTIVE WORKOUTS
FOR ALL ABILITIES – FROM ANYWHERE!**



SAFE, FUN & INTERACTIVE

Enjoy engaging workouts from the comfort of home.



FITNESS, DANCE, YOGA & MORE

A variety of classes to keep you moving and motivated.



FLEXIBLE DAYS & TIMES

Classes that fit your schedule and your lifestyle.



ALL AGES & LEVELS WELCOME!

Whether you're at home or in a group setting, you'll enjoy staying active and building confidence in a supportive 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)

SESSIONS ARE 60 MINUTES BY APPOINTMENT



WWW.HOPEFITNESS.ORG



INFO@HOPEFITNESS.ORG



LOCATIONS IN NASSAU AND SUFFOLK

SINCE 2005 - 501(C)(3) NON PROFIT

