

WEEKLY CLASS SCHEDULE

PLEASE CALL TO SCHEDULE INDIVIDUAL (1 ON 1) TRAINING

EFFECTIVE JULY 2026

MON

NORTH BELLMORE

GROUP DANCE CLASS:
5:00PM-5:45PM

TUE

NORTH BELLMORE

GROUP FITNESS CLASS:
7:00PM - 7:45PM

PLAINVIEW/COMMACK

GROUP FITNESS/SWIM CLASSES:
COMMACK: 9:45AM-10:30AM & 10:45AM-11:30AM
GROUP SWIM INSTRUCTION: 11:30PM - 12:00PM

SELF-ESTEEM

WED

NORTH BELLMORE

GROUP YOGA CLASS:
5:00PM - 5:45PM

NUTRITION

THU

BOHEMIA

ALL ABILITIES GROUP ART CLASS:
5 -5:45PM (IN PERSON) & 6-6:45PM (ZOOM)

REDUCE STRESS

FRI

STRENGTH TRAINING

COORDINATION

SAT

NORTH BELLMORE

GROUP FITNESS CLASSES:
11AM-11:45AM 12:00PM-12:45PM

BOHEMIA

GROUP FITNESS CLASSES:
10AM-10:45AM 11:00PM-11:45PM

SUN

FLEXIBILITY

LOSE WEIGHT

HOPEFitness

Making Fitness Accessible for ALL Abilities

1 (877) 396-HOPE

www.HOPEFitness.org

LOCATIONS IN NASSAU & SUFFOLK

(877) 396-HOPE (4673)

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