

HOPE Fitness

Making Fitness Accessible for ALL Abilities



STRONGER TOGETHER,

All Abilities. One Community. ♡



FREE
1ST CLASS!



GROUP FITNESS CLASSES

45 MINUTES

\$45

Supportive • Motivating • Fun



ONE-ON-ONE TRAINING

60 MINUTES

\$100

Personalized • Focused • Results

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