

WEEKLY CLASS SCHEDULE

PLEASE CALL TO SCHEDULE INDIVIDUAL (1 ON 1) TRAINING

EFFECTIVE SEPTEMBER 2026

MON

WANTAGH

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

PLAINVIEW

GROUP FITNESS CLASS:
2:15PM - 3:00PM

TUE

WANTAGH

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

SELF-ESTEEM

WED

WANTAGH

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

COMMACK

GROUP FITNESS CLASSES:
1:30PM - 2:15PM & 2:30PM - 3:15PM

THU

BOHEMIA

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

REDUCE STRESS

FRI

STRENGTH TRAINING

COORDINATION

SAT

WANTAGH

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

BOHEMIA

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

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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