

HOPE Fitness

Making Fitness Accessible for ALL Abilities



DANCE CLASS

**FREE
1ST CLASS!**



MONDAYS 5:00PM – 5:45PM

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



SAFE, FUN & INTERACTIVE

Enjoy engaging workouts
from the comfort of home.



FLEXIBLE DAYS & TIMES

Classes that fit your schedule
and your lifestyle.



ALL AGES & LEVELS WELCOME!

Everyone can join,
move, and have fun!



REGISTER AT:
WWW.HOPEFITNESS.ORG/REGISTER
OR
CALL (877) 396-HOPE



\$55.00
PER GROUP CLASS
45 MINUTES



\$120.00
INDIVIDUAL (1 ON 1)
60 MINUTES

SESSIONS ARE 60 MINUTES BY APPOINTMENT



WWW.HOPEFITNESS.ORG



INFO@HOPEFITNESS.ORG



**LOCATIONS IN
NASSAU & SUFFOLK**

SAFE • FUN • INTERACTIVE • ALL ABILITIES WELCOME!

