

HOPE Fitness

Making Fitness Accessible for ALL Abilities



STRONGER TOGETHER, *All Abilities. One Community.*



**FREE
1ST CLASS!**



GROUP FITNESS CLASSES

45 MINUTE CLASSES

Supportive • Motivating • Fun

\$55 per class



ONE-ON-ONE TRAINING

1 HOUR SESSIONS

Personalized • Focused • Results

\$120 per session

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**