

HOPE Fitness

Making Fitness Accessible for ALL Abilities



MULTI-SPORTS CLASS

**FREE
1ST CLASS!**



BUILD SKILLS, BOOST CONFIDENCE, HAVE FUN!



ENHANCE BASIC ATHLETIC SKILLS

Develop fundamental skills
across a variety of sports.



GAIN CONFIDENCE & SELF-ESTEEM

Build self-confidence through
positive experiences and
achievement.



INCREASE COORDINATION

Improve balance, agility, and
teamwork in a supportive
environment.



Participants will enjoy and learn
**age-appropriate sports such as
soccer, basketball, t-ball & more.**



**ALL AGES &
LEVELS WELCOME!**



**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



WWW.HOPEFITNESS.ORG



INFO@HOPEFITNESS.ORG



**LOCATIONS IN
NASSAU & SUFFOLK**

BUILD SKILLS • BOOST CONFIDENCE • HAVE FUN!

