

HOPEFitness

Making Fitness Accessible for ALL Abilities



REMOTE FITNESS CLASS



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



SAFE, FUN & INTERACTIVE

Enjoy engaging workouts
from the comfort of home.



FITNESS, DANCE, YOGA & MORE

A variety of classes to keep
you moving and motivated.



FLEXIBLE DAYS & TIMES

Classes that fit your schedule
and your lifestyle.



**ALL AGES &
LEVELS WELCOME!**



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



\$120.00
INDIVIDUAL (1 ON 1)

SESSIONS ARE 60 MINUTES BY APPOINTMENT



WWW.HOPEFITNESS.ORG



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