

HOPEFitness

Making Fitness Accessible for ALL Abilities



Yoga Class



Experience the **calm, strength & flexibility** in every session

Whether you're new to yoga or already flowing, our classes are designed to **improve balance, reduce stress, and increase body awareness.**

Move, learn & grow at your own pace in a fun, inclusive environment.



Improve Balance



Reduce Stress



Increase Flexibility



Build Strength



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

SESSIONS ARE BY APPOINTMENT



WWW.HOPEFITNESS.ORG



INFO@HOPEFITNESS.ORG



LOCATIONS IN
NASSAU & SUFFOLK

SINCE 2005 - 501(C)(3) NON PROFIT

