WEEKLY CLASS SCHEDULE

PLEASE CALL TO SCHEDULE INDIVIDUAL (1 ON 1) TRAINING

EFFECTIVE NOVEMBER 2026

MON	**WANTAGH** GROUP DANCE CLASS: 5:00PM-5:45PM	**PLAINVIEW** GROUP FITNESS CLASS: 2:15PM - 3:00PM
TUE	**WANTAGH** GROUP FITNESS CLASS: 7:00PM - 7:45PM	SELF-ESTEEM
WED	**WANTAGH** GROUP YOGA CLASS: 5:00PM -5:45PM	**COMMACK** GROUP FITNESS CLASSES: 1:30PM -2:15PM & 2:30PM - 3:15PM
THU	**BOHEMIA** ALL ABILITIES GROUP ART CLASS: 5 -5:45PM & 6-6:45PM (ZOOM)	REDUCE STRESS
FRI	STRENGTH TRAINING	COORDINATION
SAT	**WANTAGH** GROUP FITNESS CLASSES: 11AM-11:45AM & 12:00PM-12:45PM	**BOHEMIA** GROUP FITNESS CLASSES: 10AM-10:45AM & 11:00AM-11:45AM
SUN	FLEXIBILITY	LOSE WEIGHT

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1 (877) 396-HOPE www.HOPEFitness.org

LOCATIONS IN NASSAU & SUFFOLK

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