

HOPEFitness

Making Fitness Accessible For ALL Abilities

- Free Initial Workout & Assessment
- Group Fitness/One on One Individual Training
- Yoga/Zumba
- Swim Instruction
- Sports Programs
- In Person & Remote Available
- Open to the Public

Personal & Group Fitness Training with
Certified Personal Trainers Since 2005

For Individuals With All Type of Abilities

HOPEFitness

Suffolk:

170 Wilbur Place
Bohemia, NY 11716

HOPEFitness

Nassau:

2750 N. Jerusalem Rd.
N. Bellmore, NY 11710

(See our website for directions)

www.HOPEFitness.org



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1 (877) 396-HOPE (4673)