

Weekly Class Schedule

Effective October 2019

**ALL Classes are OPEN to the Public ~ Self Direction OK*

(PLEASE NOTE: Daytime hours available for Personal (1 on 1) Training, Day Habs, School Field Trips, etc.)

HOPEFitness Nassau

2750 North Jerusalem Road
North Bellmore, NY 11710

Group Fitness:

Monday: 6PM – 7PM
Tuesday: 5PM – 6PM
Thursday: 6PM – 7PM
Saturday: 11AM – NOON

Teen Zone Clubhouse:

Tuesday: 4:30PM - 6:00PM

Yoga Class:

Wednesday: 5PM - 6PM

Zumba Fitness:

Wednesday: 6PM-7PM

MS Fitness Class:

Friday: 11:00AM – NOON

HOPEFitness Suffolk

170 Wilbur Place
Bohemia, NY 11716

ALL Abilities Art: Monday 5:00pm-5:45pm

Group Fitness:

Monday: 6:00PM-7:00PM
Tuesday: 5:00PM - 6:00PM (on hold)
Wednesday: 6:00PM -7:00PM

MS Fitness Class:

Monday: 10:45AM-Noon

Zumba Fitness:

Tuesday: 4:00PM – 5:00PM

Sport Yoga Class:

Wednesday: 4:30PM - 5:30PM



1(877) 396-HOPE (4673) ~ E-Mail: Info@HOPEFitness.org

HOPEFitness

Making Fitness Accessible for ALL Abilities