

# Weekly Class Schedule

**Effective November 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*