

# HOPEFitness Remote Workouts

*Self Direction Ok!*

HOPEFitness, the premier leader in Fitness Training for Individuals with ALL types of Abilities provides REMOTE FITNESS TRAINING in the comfort of your home. Personal (1 on 1) Training can also be performed at a remote location of your choosing (social distancing adhered to). **\$75.00 per session.**

▶ Safe ▶ Fun ▶ Effective ▶ Flexible Days/Times



FaceTime



**Fitness | Yoga**

**Dance | Kickboxing**

*Call or email us today to Register at:*

**1 (877) 396-HOPE or [Info@HOPEFitness.org](mailto:Info@HOPEFitness.org)**

The Mission of THE HOPEFitness SPORTS FOUNDATION is to provide, coordinate and support the Inclusion of Individuals with ALL types of Abilities in fitness and sport training. We welcome participants who are physically and/or intellectually challenged, economically disenfranchised, or are considered "at risk" either behaviorally or due to their living situations.

**HOPEFitness**

Making Fitness Accessible for ALL Abilities  
501 ©(3) Non-Profit

1(877) 396-HOPE (4673)

[www.HOPEFitness.org](http://www.HOPEFitness.org)

