



ALL Abilities Center

Group Fitness Classes & 1-on-1 Training

FIRST CLASS
FREE

Personalized Fitness That Meets You Where You Are

- Build Strength & Confidence
- Improve Muscle Tone
- Boost Self-Esteem
- Create Healthy Habits
- Reduce Stress



GET STARTED
[ALLABILITIESCENTER.ORG/CONTACT/](https://www.allabilitiescenter.org/contact/)
(516) 701-7907

Group Classes: \$55 (45 min)
1-on-1 Training: \$120 (60 min)
Discounted prepaid packages available

Locations in Nassau & Suffolk

BUILD CONFIDENCE • STAY ACTIVE • HAVE FUN

Info@ALLAbilitiesCenter.org

www.ALLAbilitiesCenter.org

