

Shape Up NYC!

FREE fitness classes right in your community!



For more information
call (718) 918-3827.

Jacobi Medical Center Building 8 ♦ Atrium

Mondays

Dance Fitness **Cross Training**
5:45 pm - 6:45 pm 7 pm - 8 pm

Tuesdays

Zumba
7 pm - 8 pm

Wednesdays

Cross Training
7 pm - 8 pm

Thursdays

Dance Fitness **Kickboxing**
5:30 pm - 6:30 pm 6:30 pm - 7:30 pm

North Central Bronx Hospital 17th Floor

Wednesdays

Kickboxing
5:30 pm - 6:30 pm

All classes at Jacobi will be canceled in the Atrium October 27th – November 10th.