

A GUIDE TO FITNESS AND NUTRITION PROGRAMS IN EAST AND CENTRAL HARLEM



Winter 2004

*Prepared by the East and Central Harlem
District Public Health Office*



Dear Friend:

Most of us know that getting exercise and being physically active is good for our health. People who are physically active are less likely to be overweight or obese, and have less heart disease, stroke, high blood pressure, diabetes, and cancer. In addition, regular physical activity can promote well-being and help relieve stress.

Yet, in spite of the potential benefits of physical activity, many do not get the recommended 30 to 60 minutes of physical activity most days of the week. One reason is that many people don't know where exercise programs are located. We have prepared this directory to let you know about the many programs available in East and Central Harlem.

We hope that this directory will help you find a program that meets your needs and helps you become more active.

If you know about programs that are not on this list, please email rl1@health.nyc.gov or call (212) 360-5980.

Sincerely,

Andrew Goodman, MD

Andrew Goodman, MD, MPH
Associate Commissioner
Director, East and Central Harlem District Public Health Office
New York City Department of Health and Mental Hygiene

Resources for Adults

Bally's

106th & 3rd Avenue
New York, NY 10029
Services: Gym
Fee: Varies
www.ballyfitness.com

Curves

2103 Frederick Douglas Boulevard
New York, NY 10026
(212) 222-3766
Services: 30 minute weight training program
Fee: Varies
Note: For women only

Curves

2246 1st Avenue
New York, NY 10029
(212) 289-1509
Services: 30 minute weight training program
Fee: Varies
Note: For women only

Curves

6 East 126th Street
New York, NY 10027
(212) 289-5336
Services: 30 minute weight training program
Fee: Varies
Note: For women only

El Faro Community Center

2351 First Avenue
New York, NY 10035
(212) 410-4227
Services: Karate, swimming, aerobics, and dance classes
No Fee

Hansborough Recreation Center

35 West 134th Street
New York, NY 10037
(212) 234-9603
Services: Gym, fitness room, and swimming pool
Fee: \$75 annual fee for adults and no fee for children
www.nyc.gov/parks

Harlem Boxing

78 West 125th Street
New York, NY 10027
Services: Boxing training

Harlem Tae Kwon Do

72 West 125th Street
New York, NY 10027
(917) 492-5600
Services: Martial arts training
Fee: \$110/month
www.harlemtkd.com

Harlem World Sports Club

1400 Fifth Avenue
New York, NY 10026
(212)
Services: Upscale gym
Fee: \$49-\$85/month
www.harlemworldsportsclub.com
Note: Scheduled to open spring 2005

Jackie Robinson Recreation Center

89 Bradhurst Avenue
New York, NY
(212) 234-9607
Services: Fitness room, outdoor swimming pool, basketball & handball courts
Fee: \$50 annual fee
www.nyc.gov/parks
Note: Site for Shape Up NY!, a free aerobics program for the entire family

Monterey Sports Club

175 East 96th Street
New York, NY 10029
(212) 996-8200
Services: Gym
Fee: \$618 annual fee

New York Sports Club

2311 8th Avenue
New York, NY 10027
(212) 316-2500
Services: Gym
Fee: Varies
www.nysc.com

Pelham Fritz Recreational Center

18 Mt. Morris Park West
New York, NY 10027
(212) 860-1380
Services: Aerobics, outdoor swimming pool, and seniors program
Fee: \$50 annual fee
www.nyc.gov/parks
Note: Swimming pool is open from July to August

Shape Up NY!

Thomas Jefferson Recreation Center
2180 First Avenue
New York, NY 10029
(212) 830-1383 or call 311
Services: Aerobics program for entire family
No Fee
Hours: Tuesdays–Saturdays

Shape Up NY!

Jackie Robinson Recreation Center
85 Bradhurst Avenue
New York, NY 10039
(212) 234-9607 or call 311
Services: Aerobics program for entire family
No Fee
Hours: Tuesdays–Saturdays

Shape Up NY!

St. Nicholas Community Center
2374 Frederick Douglas Boulevard
New York, NY
(212) 749-8428 or call 311
Services: Aerobics program for entire family
No Fee
Hours: Mondays–Fridays

Shape Up NY!

Wagner Houses Community Center
435 East 120th Street
New York, NY 10035
(212) 831-6688 or call 311
Services: Aerobics program for entire family
No Fee
Hours: Mondays–Fridays

St. Cecilia's Church/Community Health Alliance

104th Street & Park Avenue
New York, NY 10029
(212) 534-1350
Services: Aerobic classes
No Fee
Note: For seniors
Hours: Tuesdays–Fridays

Synergy Fitness

78 West 125th Street
New York, NY 10027
(212) 860-8100
Services: Gym
Fee: Varies

Ta Yoga House

71 West 128th Street #3B
New York, NY 10027
(212) 289-6363
Services: Yoga classes for all levels
Fee: \$15/session; \$10/session
(student rate)

Thomas Jefferson Recreation Center

2180 First Avenue
New York, NY 10029
(212) 860-8100
Services: Handball, fitness rooms,
outdoor swimming pool, soccer field,
and running track
No Fee
www.nyc.gov/parks
Note: Also site for Shape Up NY!
Swimming pool is open from July to
August

Uptown Total Fitness

2234 3rd Avenue
New York, NY 10029
(212) 722-3990
Services: Gym
Fee: Varies

Weight Watchers—Dempsey Center

Northern Manhattan Perinatal Partnership, Inc.
127 West 127th Street, 3rd Floor
New York, NY 10027
(212) 665-2600
Services: Nutrition and wellness
services for adults
Fee: \$9.95/week
www.weightwatchers.com

YMCA—Harlem Center

180 West 135th Street
New York, NY 10030
(212) 281-4100
Services: Fitness room & gym
Fee: Varies
www.ymcanyc.org
Note: Also has senior programs

Resources for Youth

Asphalt Green

555 East 90th Street
New York, NY 10128
(212) 369-8890
Services: Various sports and fitness
programs, gym
Fee: Varies
www.asphaltgreen.org
Note: Also provides free recess
programs to schools

BEACON—JHS 45

2351 First Avenue
New York, NY 10035
(212) 410-4227
Services: Basketball, aerobics, &
dance classes
No Fee

BEACON—PS 194

242 West 144th Street
New York, NY 10030
(212) 234-4500
Services: Dance, martial arts, and
sports programs
No Fee

BEACON—JHS 99

410 East 100th Street
New York, NY 10029
(212) 987-8743
Services: Sports & recreation
programs, arts & crafts
No Fee

Boys Club of NY

321 East 111th Street
New York, NY 10029
(212) 534-2661
Services: Sports, swimming lessons,
homework assistance, and recreation
programs
Fee: Annual prices range from
\$.50 - \$2.00, depending on age
Note: For boys only

Boys & Girls Harbor

410 East 100th Street
New York, NY 10029
(212) 427-2244
Services: Swimming, dance, and
various sports & fitness programs

East Harlem Little League

112th Street & Park Avenue
New York, NY 10029
(212) 591-0106
Services: Teeball, baseball, & football
programs
Fee: \$30 and up

Girls Fitness & Nutrition Program

Project HEALTH
Harlem Hospital Center
506 Lenox Avenue
New York, NY 10037
(212) 939-4586
Services: Fitness and nutrition classes
and mentoring for girls
(5th - 8th grade)
No Fee

Hansborough Recreation Center
35 West 134th Street
New York, NY
(212) 234-9603
Services: Team sports and swimming lessons
No Fee
www.nyc.gov/parks

Harlem Little League
Manhattanville Station
New York, NY 10027
(212) 280-7775
Services: Teeball & softball for ages 6-16
Note: Season runs from March to June

Harlem RBI
1948 First Avenue
New York, NY 10029
(212) 722-1608
Services: Baseball/softball program with afterschool electives
No Fee
www.harlemrbi.org
Note: Serves ages 7-18

Harlem Tae Kwon Do
72 West 125th Street
New York, NY 10029
(917) 492-5600
Services: Martial arts lessons
Fee: \$110/month
www.harlemtkd.com

Ice Hockey in Harlem
141 East 111th Street #420
New York, NY 10029
(212) 722-0044
Services: Hockey camps & clinics, and homework assistance for kids 5-17 yrs
No Fee
www.icehockeyinharlem.org
Note: Also provides case management for older children

Jackie Robinson Recreation Center
89 Bradhurst Avenue
New York, NY 10039
(212) 234-9607
Services: Little Leagues, soccer, outdoor swimming pool, basketball, and recreation programs
No Fee
www.nyc.gov/parks
Note: Also site for Shape Up NY!
Swimming pool is open from July to August

New York Mission Society
646 Lenox Avenue
New York, NY 10037
(212) 368-8400
Services: Basketball and dance
Note: For girls only

Pelham Fritz Recreational Center
18 Mt. Morris Park West
New York, NY 10027
(212) 860-1380
Services: Dance, basketball, soccer, baseball, volleyball, outdoor swimming pool, and arts & crafts
No Fee
www.nyc.gov/parks
Note: Swimming pool is open from July to August

Police Athletic League
441 Manhattan Avenue
New York, NY 10027
(212) 665-8699
Services: Sports and after-school program. Also has gym

Randall Island Sports Foundation
Randall Island
(212) 830-7780
Services: Playing fields & facilities provided for schools and youth organizations
No Fee

St. Thomas the Apostle Roman Catholic Church
262 West 118th Street
New York, NY 10026
(212) 662-2693
Services: Youth sports & recreation
Hours: Thursdays and Fridays only

Talent Senior & Youth on the Move
410 West 123rd Street
New York, NY 10027
(212) 280-0209
Services: Basketball, baseball, football, and double-dutch jump ropes
No Fee

The Valley—Wadleigh High School
215 West 114th Street
New York, NY 10026
(212) 932-7895
Services: Martial arts & West African dance lessons
No Fee
Note: For children 6 yrs and older

Thomas Jefferson Recreation Center
2180 First Avenue
New York, NY 10029
(212) 830-1383
Services: Various sports activities and facilities for use by families
No Fee
www.nyc.gov/parks
Note: Also site for Shape Up NY!

TRUCE Fitness & Nutrition Center
147 St. Nicholas Avenue
New York, NY 10027
(212) 864-7159
Services: Martial arts, aerobics, fitness training & hip hop dance lessons
No Fee
Note: Ages 5th—8th grade.
Instruction in martial arts provided to ages 9-up

W.L. Bonner Youth Enrichment Center
130 West 124th Street
New York, NY 10027
(212) 865-1883
Services: Basketball, volleyball, karate, and boxing
Note: For ages 12-19.
Hours: 3pm—9pm Sunday through Friday; 12pm-8pm on Saturdays

YMCA—Harlem Center

180 West 135th Street
New York, NY 10030
(212) 283-8542

Services: Operation Healthy Kids program provides sports, dance, and arts & crafts activities and classes on nutrition

No Fee

www.ymcanyc.org

Note: Partner with Harlem Hospital for services

Nutrition Resources

City Harvest

575 8th Avenue—4th Floor
New York, NY 10018
(917) 351-8700

Services: “Operation Frontline” teaches food budgeting and healthy cooking. There are 6 classes available in multiple languages

No Fee

www.cityharvest.org

Note: Must be a City Harvest recipient organization in order to participate

Community Kitchen

252 West 116th Street
New York, NY 10026
(212) 665-9082

Services: Provides free and low-cost meals using produce from farmers, cooking demonstrations and delivers meals to HIV+ individuals

Fee: Small fee for food pantry

Hours: Monday—Friday from 4pm-6pm

Cornell Cooperative Extension

16 East 34th Street
New York, NY 10016
(212) 340-2955

Services: Provides 10-12 week nutrition workshops geared toward all age groups. Workshops cover nutrition, fitness, budgeting, food preparation and safety

No Fee

www.cce.cornell.edu

Farmer’s Market

104th b/w 3rd & 2nd Avenues

Services: Fruits and vegetables sold directly by farmers

Hours: Thursdays, 9am—4pm in the summer/fall

Harlem Greenmarket

125th & Adam Clayton Powell (in front of State Office Building)

Services: Fruits and vegetables sold directly by farmers

Hours: Tuesday 8am—3pm, year-round

Harlem Hospital

506 Lenox Avenue
New York, NY 10037
(212) 939-8190 or (212) 939-8005

Services: Adult diet clinic that provides nutrition counseling and follow-up, and pediatric clinic for obese/overweight children 6 yrs and older

Fee: Private and public insurance accepted

www.ci.nyc.ny.us/html/hhc/html/harlem.html

Languages: French and Spanish

HIP4Kids

Services: Nutrition website and workshops provided by chefs and culinary students in the hospitality industry

www.hip4kids.org

Metropolitan Hospital

1901 First Avenue
New York, NY 10029
(212) 423-6140

Services: Diabetes clinic with a dietician on staff

Fee: Private and public insurance accepted

www.ci.nyc.ny.us/html/hhc/html/metropolitan.html

Mt. Sinai Hospital

1190 Fifth Avenue
New York, NY 10029
(212) 241-6936

Services: Pediatric Diabetes & Endocrinology Departments provide nutritional follow-up in between 3 month clinic visits

Fee: Private and public insurance accepted

www.mountsinai.org

WIC

Multiple Locations

(800) 522-5006 Growing Up Healthy Hotline

Services: Nutrition counseling, food vouchers and referrals to health and other social services

No Fee

Note: Serves only low-income pregnant, postpartum and breastfeeding women, and at nutrition risk infants and children up to age 5

Other Resources

Action for Healthy Kids
www.actionforhealthykids.org

American Cancer Society
www.cancer.org

American Diabetes Association
www.diabetes.org

American Heart Association
www.americanheart.org

American Lung Association
www.lungusa.org

American Obesity Association
www.obesity.org

Centers for Disease Control & Prevention
www.cdc.gov

National Hypertension Association
www.nathypertension.org

National Institute of Diabetes & Digestive & Kidney Diseases
www.niddk.nih.gov/health/nutrit/pubs/physact.htm

National Theatre for Children
www.nationaltheatre.com

New York Coalition for Healthy School Lunches
www.healthylunches.org

President's Council on Physical Fitness and Sports
www.fitness.gov and
www.presidentschallenge.org

Shape Up America!
www.shapeup.org

The After-School Corporation
www.tascorp.org

8 Habits of Healthy Kids



1. Spend at least 1 hour a day being physically active.

2. Limit use of TV and video games to no more than 1 hour a day.



3. Eat smaller amounts. Bigger is not always better!

4. Drink water instead of soda.



5. Eat a total of 5 or more servings of fruits and vegetables a day.

6. Eat less fast food (no more than once a week).



7. Snack on healthy foods and eat less junk food and sweets.



8. Drink or eat 3 low-fat dairy foods a day.

"The 8 Habits of Healthy Kids" adapted and printed with permission from the Strong Cancer Prevention Center's "Healthy Children Healthy Futures" program.

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