A Free Fitness Program for the Whole Family!

Cardio-respiratory Conditioning

Flexibility

Muscle Strength & Endurance

Shape Up New York instructors are trained to accommodate the various fitness levels of its participants

☆ Novice ☆
☆ Intermediate ☆
☆ Advanced ☆

Contact the
Bronx District Public Health Office at
BronxDPHO@health.nyc.gov or call us at
(718) 466-9178 for more information.

St. Mary's Park Recreational Facility

St. Ann's Avenue & East 145th Street
Bronx, NY 10454 • (718) 402-5155
Directions: #6 train to Brook Avenue or #2/#5 train to 149th Street & 3rd Avenue.
Tuesday & Thursday: 5 PM - 8 PM
Wednesday & Friday: 7 AM - 10 AM
Saturday: 10 AM - 1 PM

Crotona Park / Murphy Houses Community Center

Entrance on Arthur Avenue and East 175th Street
Bronx, NY 10457 • (718) 466-6724
Directions: #17 bus to Crotona Park North & Crotona Avenue or #40/#42 bus to Arthur Avenue and East Tremont Avenue and walk two blocks South.
Monday through Friday: 8 AM - 10 AM

Classic Community Center

286 East 156th Street on Courtlandt & Morris Avenues
Bronx, NY 10451 • (718) 665-7093
Directions: #32 bus to 156th Street & Morris Avenue.
Tuesday through Thursday: 11 AM - 1:30 PM

Roberto Clemente State Park

West Tremont & Matthewson Road
Bronx, NY 10453 • (718) 299-8750
Directions: #40/#42 bus to West Tremont & Matthewson Road.
Tuesday & Thursday: 4 PM - 5:30 PM (14 & under)
Tuesday & Thursday: 5:30 PM - 7 PM (15 and over)
Saturday: 9 AM - 12 PM

Hunts Point Recreation Center

765 Manida Street, on Lafayette and Spofford Avenues.
Bronx, NY 10474 • (718) 860-5544
Directions: Take #6 train to Hunts Point stop take #6 bus east to Lafeyette & Manida Avenues.
Tuesday & Thursday: 10:30 AM - 12 PM
Tuesday & Thursday: 8 PM - 9:30 PM
Wednesday & Friday from 7 PM - 8:30 PM

WHEDCo Fitness Center

50 East 168th Street
Bronx, NY 10452 • (718) 839-1100
Directions: #4 train to 167th Street and River Avenue.
Monday & Friday: 10 AM - 1 PM
Saturday: 2 PM - 5 PM

City of New York Parks & Recreation
Michael R. Bloomberg, Mayor
Adrian Benepe, Commissioner
www.nyc.gov/parks

Bronx Borough President
Adolfo Carrión
www.bronxboropres.nyc.gov

FIT NOW BRONX, NY
It's About Fitness • Nutrition • Health Care • Wellness
It's About A HEALTHY BRONX!

OFFICE OF PARKS · RECREATION · HISTORIC PRESERVATION
NEW YORK STATE

NEW YORK CITY HOUSING AUTHORITY

NYC Health
THE NEW YORK CITY DEPARTMENT of HEALTH and MENTAL HYGIENE
nyc.gov/health

TAKE CARE NEW YORK

¡Gratis!
¡Un Programa de Ejercicios para Toda la Familia!

Condición cardio-respiratoria

Flexibilidad

Fuerza muscular / resistencia

Instructores de Shape Up New York estan entrenados para acomodar varios niveles de ejercicios:

☆ Principiante ☆
☆ Intermediante ☆
☆ Avanzado ☆

Si necesitas mas información, comuniquese con nosotros al (718) 466-9178 o escribanos al BronxDPHO@health.nyc.gov

St. Mary's Park Recreational Facility

St. Ann's Avenue & E. 145th Street
Bronx, NY 10454 • (718) 402-5155
Direccíones: Tren #6 hasta la Ave. Brook o el tren #2/#5 hasta la calle E. 149 y la Tercera Ave.
Martes y Jueves: 5 PM - 8 PM
Miércoles y Viernes: 7 AM - 10 AM
Sábados: 10 AM - 1 PM

Crotona Park / Murphy Houses Community Center

Arthur Avenue and 175th Street
Bronx, NY 10457 • (718) 466-6724
Direccíones: Autobús #17 hasta la Aves. de Crotona Park North y Crotona o el Autobús #40/42 hasta la Aves. Arthur y East Tremont.
Lunes a Viernes: 8 AM - 10 AM

Classic Community Center

286 East 156th Street between Courtlandt and Morris Avenues
Bronx, NY 10451 • (718) 665-7093
Direccíones: Autobús #32 hasta la calle E. 156th y Ave. Morris
De Martes a Jueves: 11 AM - 1:30 PM

Roberto Clemente State Park

West Tremont and Matthewson Road
Bronx, NY 10453 • (718) 299-8750
Direccíones: Autobús #40/42 hasta el parque del estatal Roberto Clemente
Martes y Jueves: 4 PM - 5:30 PM (niños hasta 14 años)
Martes y Jueves: 5:30 PM - 7 PM (de 15 años y major)
Sábados: 9 AM - 12 PM

Hunts Point Recreation Center

765 Manida Street, between Lafayette and Spofford Avenues
Bronx, NY 10474 • (718) 860-5544
Direccíones: Tren #6 hasta la Ave. de Hunts Point y despues el autobús #6 hasta las Aves. de Lafeyette y Manida.
Martes y Jueves: 10:30 AM - 12 PM
Martes y Jueves: 8 PM - 9:30 PM
Miercoles y Viernes: 7 PM - 8:30 PM

WHEDCo Fitness Center

50 East 168th Street
Bronx, NY 10452 • (718) 839-1100
Direccíones: Tren #4 hasta la calle E. 167 y la Avenida River.
Lunes y Viernes: 10 AM - 1 PM
Sábados: 2 PM - 5 PM

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