

For Immediate Release
Contact:

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***** *Press Release* *****

Jacobi and NCBH Give the Bronx a Great New “Shape”

Free Fitness Classes Start July 15th



Bronx, New York – Eager to promote fitness and wellness among all Bronx residents, the North Bronx Healthcare Network (NBHN) will participate in the “Shape Up NYC” program. “Shape Up NYC” was created by the NYC Parks Department, and Jacobi Medical Center and North Central Bronx Hospital will be two participating sites. The program offers free fitness classes every week at dozens of locations across the five boroughs. Taught by expert fitness instructors the classes feature exercise such as aerobics, yoga, Pilates and Zumba.

“Keeping a physically fit and active lifestyle is a personal responsibility for each of us,” said NBHN Vice President William P. Walsh. “In Bronx County, obesity rates are among the highest in the nation and there is still much work to do. As a part of that effort Jacobi and North Central Bronx Hospital are doing what we can to promote a healthy lifestyle for the community we serve.”

Classes will be offered at both facilities on a weekly basis on the following schedule:

- **Cross Training:** Jacobi Medical Center (1400 Pelham Parkway South, Bronx, NY) in the Atrium (Building 8). Starts July 15th and continuing every Monday from 7-8 p.m.
- **Aerobics:** Jacobi Medical Center in the Atrium (Building 8) Starts July 16th and continuing every Tuesday from 7-8 .p.m.
- **Cardio-Sculpting Class** offered at North Central Bronx Hospital (3424 Kossuth Ave, Bronx, NY) on the 17th floor private dining room. Starts July 18th and continuing every Thursday from 5:30-6:30 p.m.

Classes are expected to run for several months. No registration is required and participants are free to show up to the classes. Participants are urged to bring their own water bottle and workout

mat. Music will be provided. **All classes are open to the general public.**

Questions? Contact the Public Affairs Department at (718) 918-3827.

About Jacobi Medical Center

Jacobi Medical Center is part of HHC's North Bronx Healthcare Network. Jacobi is a 457-bed teaching hospital affiliated with the Albert Einstein College of Medicine. The facility holds numerous center of excellence designations for its renowned trauma center, burn center, regional stroke center, regional perinatal center, breast health center and bariatric surgery service. The facility also has a multi-person hyperbaric unit and a surgical intensive care unit. Jacobi's Ambulatory Care Pavilion is a stunning complement to its recently constructed inpatient facility and allows staff to provide patients with high-quality care in a modern, state-of-the-art environment.

About North Central Bronx Hospital

North Central Bronx Hospital (NCBH) is part of HHC's North Bronx Healthcare Network. A 215-bed community hospital, NCBH specializes in women's and children's services. Its renowned outpatient department has led the way in community-based care delivered in a compassionate and culturally-appropriate manner. As member facilities of the New York City Health and Hospitals Corporation, Jacobi and NCBH are committed to providing safe, high-quality medical care for any and all in need.

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