

# Shape Up NYC!



## Here's your chance to get fit!

Jacobi Medical Center and North Central Bronx Hospital

have teamed up with Shape Up NYC to bring

**FREE** fitness classes right to your community!

### Jacobi Medical Center Building 8 ♦ Atrium

#### Mondays

Dance Fusion      Cross Training  
6 pm - 7 pm      7 pm - 8 pm

#### Tuesdays

Zumba  
7 pm - 8 pm

### North Central Bronx Hospital 17th Floor ♦ Private Dining Room

#### Tuesdays

FLEXagility Fitness  
6 pm - 7 pm

#### Thursdays

Cardio-Sculpting  
5:30 pm - 6:30 pm

*Classes run until December. No sign up is necessary.*

*Participants are urged to bring their own water bottle and workout mat.*

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

*For more information please call (718) 918-3827.*