



# New Shape-Up Classes

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

### Tuesdays

Zumba  
7 pm - 8 pm

### Wednesdays

Kickboxing  
6 pm - 7 pm

### Thursdays

Dance Fitness  
5:30 pm - 6:30 pm

## North Central Bronx Hospital

17th Floor

### Wednesdays

Kickboxing  
5:30 pm - 6:30 pm

*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.*