

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

Cross Training
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.