



Shape Up NYC!

FREE fitness classes
right in your community!

Jacobi Medical Center

Building 8 ♦ Atrium

Mondays

Dance Fitness
5:45 pm - 6:45 pm

Cross Training
7 pm - 8 pm

Tuesdays

Zumba
7 pm - 8 pm

Thursdays

Dance Fitness
5:30 pm - 6:30 pm

Kickboxing
6:30 pm - 7:30 pm

Please Note: Wednesday Kickboxing Classes Have Moved to Thursday!

North Central Bronx Hospital

17th Floor

Wednesdays

Kickboxing
5:30 pm - 6:30 pm

No sign up is necessary. Bring their own water bottle and workout mat.
For more information please call (718) 918-3827.