

New Summer Shape-Up NYC 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

Cardio Sculpt
7 pm - 8 pm

Wednesdays

Kickboxing
6 pm - 7 pm

**Dance Fitness begins July 2*

Tuesdays

Zumba
7 pm - 8 pm

Thursdays*

Dance Fitness
5:30 pm - 6:30 pm

North Central Bronx Hospital
17th Floor

Wednesdays*

Kickboxing
5:30 pm - 6:30 pm

**Kickboxing begins on July 8.
Dance Fitness that is currently on
Wednesdays at 5 pm will end on June 24.*

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.