

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

New Day & Time!

Wednesdays

Dance Fitness
5 pm - 6 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.