

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

Circuit Training

Mondays ♦ 7 p.m. - 8 p.m.

Zumba

Tuesdays ♦ 7 p.m. - 8 p.m.

North Central Bronx Hospital

17th Floor ♦ Private Dining Room

Cardio-Sculpting

Thursdays
5:30 p.m. - 6:30 p.m.

Classes will run until June. 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.