

# 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.