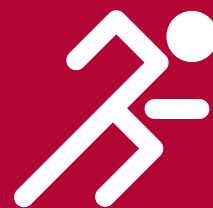


# Gyms, Recreation Centers, Parks, Swimming Pools and Bicycle Rentals in the Fordham Area



## Recreation Centers

### Bronx Recreation Centers

[www.nycgovparks.org/facilities/recreationcenters](http://www.nycgovparks.org/facilities/recreationcenters)

There are 11 recreation centers around the Bronx.

You can buy membership for a year or for six months. Centers in the Fordham area:

- *Kingsbridge Heights Community Center*  
3101 Kingsbridge Terrace, 718-884-0700  
[www.khcc-nyc.org](http://www.khcc-nyc.org)
- *St. James Recreation Center*  
2530 Jerome Avenue, 718-367-3658  
(fitness and cardio rooms)
- *Williamsbridge Oval Recreation Center*  
3225 Reservoir Oval East, 718-654-1851  
(currently closed for renovation)

### Bronx River Alliance

Bronx River Parkway, 718-430-4665,

email: [bronxriver.info@parks.nyc.gov](mailto:bronxriver.info@parks.nyc.gov)

[www.bronxriver.org](http://www.bronxriver.org)

Canoeing, kayaking and bicycling from May to October.

## Gyms & Sports Facilities

### 24 Hour Fitness

400 East Fordham Road, 718-924-2994

[www.24hourfitness.com](http://www.24hourfitness.com)

Fitness facility with cardiovascular equipment and a weight room.

Fitness classes available. Membership required.

### Apex Center, Lehman College

250 Bedford Park Boulevard, 718-960-1117

[www.lehmanathletics.com](http://www.lehmanathletics.com)

Sports and fitness center with a weight room, swimming pool, aerobics studio, racquetball courts, training room and exercise equipment. Membership required.

### Astral Fitness

5500 Broadway, 718-561-2200

[www.astralfitness.net](http://www.astralfitness.net)

Cardiovascular room and weight room. Membership required.

### Bally Total Fitness

2503 Grand Concourse, 718-563-7707

[www.ballyfitness.com](http://www.ballyfitness.com)

Fitness facility with cardiovascular equipment and a weight room.

Membership required.

### Bronx House

990 Pelham Parkway South, 718-792-1800

[www.bronxhouse.org](http://www.bronxhouse.org)

Fitness and Wellness Center and gym for adults, with exercise equipment, a basketball and paddleball court, and fitness classes. Personal training and boxing lessons available. There is also a heated, indoor swimming pool with recreational swim and aquatic fitness classes. Membership required.

### Bronx YMCA

2 Castle Hill Avenue, 718-792-9736

<http://ymcanyc.org>

Fitness equipment and an outdoor swimming pool.

Membership required.

### Lucille Roberts Women's Fitness

2449 Morris Avenue, 718-329-3441

[www.lucilleroberts.com/womens-gym-Fordham-Road](http://www.lucilleroberts.com/womens-gym-Fordham-Road)

Fitness club for women that offers weight and cardiovascular training and fitness classes. Membership required.

### Planet Fitness

2480 Grand Concourse, 718-637-6485

[www.planetfitness.com](http://www.planetfitness.com)

Fitness club with cardiovascular and weight areas. Personal and group training available. Membership required.

### Powerhouse Gym

1626 Bronxdale Avenue, 718-518-9020

[www.powerhousegymbx.com](http://www.powerhousegymbx.com)

Fitness center with exercise machines, weights, cardiovascular equipment and aerobics classes (spin and boot camp). Personal training available. Low walk-in fee or membership.

### Soma Health Club

368 East Gun Hill Road, 718-882-7662

[www.somahealthclub.com](http://www.somahealthclub.com)

Exercise machines, cardiovascular equipment, weights and fitness classes. Personal training available. Membership required.

### Urban Total Fitness

2382 Grand Concourse, 718-329-2582

Fitness equipment and cardiovascular exercise room.

Membership required.

**Montefiore**  
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## Parks

### **Ciccarone Park**

East 188 Street between Arthur & Hughes Avenues  
Handball and bocce courts, fitness equipment and playgrounds.

### **Devoe Park**

West Fordham Road & Dr. Martin Luther King Jr. Boulevard  
Basketball courts, playgrounds and dog runs.

### **Harris Park**

Goulden Avenue between Bedford Park Boulevard  
& West 205th Street  
Baseball, football and soccer fields.

### **St. James Park**

Jerome Avenue between East 193rd & East 191st Streets  
Basketball, tennis and handball courts, playgrounds, dog runs and a recreation center.

## Swimming Pools

### **Bronx House**

990 Pelham Parkway South, 718-792-1800

[www.bronxhouse.org](http://www.bronxhouse.org)

Heated, indoor swimming pool with recreational swim, swimming lessons and aquatic fitness classes. Membership required.

### **Crotona Outdoor Olympic Pool**

1700 Fulton Avenue, 718-822-4440

Free outdoor pool open from the end of June until Labor Day.

### **Mapes Swimming Pool**

2100 Mapes Avenue, 718-364-8876

Free outdoor pool open from Memorial Day until Labor Day.

### **Van Cordtlandt Swimming Pool**

West 242nd Street, 718-548-2415

Free outdoor pool open in July and August.

## Bicycle Rental

### **United Spokes**

207 West 242nd Street, 718-432-2453

Bicycle sales and repairs. Bicycle rentals for \$35 a day, May–September.

### **Westchester Bicycle Pro Shop**

2611 Westchester Avenue, 718-409-1114

Bicycle sales and repairs. Bicycle rentals by appointment for \$30 per day, year round.