

Physical Activity Classes

(continued on next page)

Fitness and Zumba Classes

Days and times may change each season; please contact these centers before visiting.

Bronx CATCH (Collective Action to Transform Community Health) Zumba Classes

Montefiore Medical Center's Comprehensive Health Care Center (CHCC)

305 East 161st Street
718-579-2500

Kids' classes Thursdays 5:00–6:00 pm,
adults' classes Thursdays 6:00–7:00 pm

Grant Avenue Elementary School

250 East 164th Street
Adults' and kids' classes
Wednesdays 5:15–6:00 pm

Montefiore Medical Center's South Bronx Health Center (SBHC)

955 Tinton Avenue
718-991-0605

Classes for ages 16+ Thursdays 6:00–7:00 pm

Montefiore Medical Center's Via Verde Center

Betances Community Center
547 East 146th Street

Zumba classes for all ages Saturdays 1:00–3:00 pm on January 25, February 8, February 22, March 8, March 22 and April 5

PSS Andrew Jackson Senior Center

325 East 156th Street
718-585-1640

Must be a member of the Senior Center to participate. Call for more information on joining the Center and nonmember fees.

- Free stretch exercise class on Fridays 10:00–10:45 am
- Free Tai Chi class on Wednesdays 9:30–10:30 am
- Free Nintendo Wii dancing session on Wednesdays 1:00–2:00 pm

Exercise room open daily 8:00 am–4:00 pm

Healthy Seniors Program, Mid-Bronx Senior Citizens Council Services

www.midbronx.org/projects.html
900 Grand Concourse
718-588-8200 x1291

Free nutrition workshops, weekly exercise classes, walking groups and other leisure activities for seniors. Special health and fitness classes for seniors with more limited mobility.

Shape Up: NYC

A FREE family fitness program offered at park sites, community centers and housing sites around New York City. Fitness classes are open to adults and children. Classes include activities such as step aerobics, dance, fitness walking, light weights, chair exercises, stretching and toning exercises. For the most up-to-date information, please contact each site or visit:

www.nyc.gov/html/doh/html/cdp/shapeupny.shtml

Saint Mary's Park Recreational Center

Saint Ann's Avenue and East 145th Street
718-402-5155

Mondays and Wednesdays 8:15–11:00 am
Tuesdays and Thursdays 5:15–8:00 pm
Saturdays 9:30 am–12:15 pm

Melrose Classic Community Center

286 East 156th Street, Courtlandt and Morris Avenues
718-665-7093

Tuesdays–Thursdays 10:30 am–1:30 pm

Saint James Recreation Center

2530 Jerome Avenue at 192nd Street
718-367-3657

Family Zumba on Mondays, Wednesdays, Fridays and Saturdays

Hunt's Point Recreation Center

765 Manida Street
(between Spofford and Lafayette)
718-860-5544

Mondays and Wednesdays 6:00–7:00 pm
(bring photo ID)

The NYC Department for the Aging's Stay Well Program

www.nyc.gov/html/dfta/html/health/exercise.shtml
Free fitness program for seniors 60+ at the following centers:

Hope of Israel Senior Center

1068 Gerard Avenue
718-665-8400

Daily exercise activity at 11:30 am

PSS Highbridge Senior Center

1181 Nelson Avenue, 2nd Floor
718-588-3004

Walking Club on Tuesdays 9:00 am and 10:00 am; Tai-Chi

Douglas Leon Senior Center

735 East 152nd Street
718-292-7129

Tuesdays and Thursdays 10:30–11:30 am

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(continued from previous page)

Yoga

Mercy Center

377 East 145th Street at Willis Avenue
718-993-2789

www.mercycenterbronx.org

Free floor yoga on Mondays 10:00–11:15 am and
chair yoga Fridays noon–1:00 pm

South Bronx Yoga

810 Gerard Avenue
347-366-3547

southbronxyoga.com

Saint Mary's Recreation Center

450 Saint Ann's Avenue
718-402-5155

Must be a member to participate in yoga classes:
\$25 for a one-year membership for adults ages
18–24; \$75 for a six-month membership and
\$100–\$150 for one year for adults ages 25–61;
and \$25 for one year for seniors ages 62+.

Dance Classes

Saint Mary's Recreation Center

450 Saint Ann's Avenue
718-402-5155

Must be a member to participate in dance classes:
\$25 for a one-year membership for adults ages
18–24; \$75 for a six-month membership and
\$100–\$150 for one year for adults ages 25–61;
and \$25 for one year for seniors ages 62+.

Saint James Recreation Center

2530 Jerome Avenue at 192nd Street
718-367-3657

Free beginners' breakdance classes for all ages:
A class geared toward students who have no hip-
hop dance background. Participants learn the basic
body moves and techniques in a matter of weeks!