

Physical Activity Classes

Fitness & Dance Classes

Shape Up NYC Program

www.nycgovparks.org/programs/recreation/shape-up-nyc

Free fitness classes for all non-members and members of the following centers:

Beth Abraham Health Services

PEP for Seniors

1525 Unionport Road, Apartment #ME,
718-409-1619

Low-cost classes: Belly dancing class for seniors ages 55+ on Fridays 3:00–4:00 pm, yoga class for seniors ages 55+ on Tuesdays 10:00–11:00 am; hip-hop dance class for seniors ages 55+ on Tuesdays 11:00 am–noon and Thursdays 2:00–3:00 pm

Davidson Senior Center

950 Union Avenue

718-328-2810 or 718-328-2811

Free exercise classes for seniors

New York Public Library (West Farms Library)

2085 Honeywell Avenue

Classes on Fridays 10:00–11:30 am

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