

Physical Activity Classes

Fitness & Zumba Classes

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

Mosholu Montefiore Community Center

www.mmcc.org

3450 Dekalb Avenue

718-882-4000

Free fitness center activities for seniors Monday to Friday 10:30–11:30 am, 1:30–2:30 pm.

Must register at the Center to attend the free activities.

Owen Dolen Recreation Center

2551 Westchester Square

718-829-0156 or 718-822-4201

Free aerobics and Shape Up NYC Zumba classes, fitness room

PPS Parkside Senior Center

644 Adee Avenue

718-881-7780

Free stretching and fitness classes open to anyone age 60+.

Tuesdays and Fridays 8:00 am–4:00 pm

Visit the Center to register for these free classes.

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:

RAIN Nereid Senior Center

720 Nereid Avenue

Mondays 10:00–11:00 am

JASA Dreiser Senior Center

177 Dreiser Loop

718-320-1345

Mondays 10:00–11:00 am

JASA Einstein (Gloria Wise)

135 Einstein Loop

718-671-5161

Mondays 10:00–11:00 am

PPS Parkside Senior Center

644 Adee Avenue

718-881-7780

Tuesdays 10:00–11:00 am

RAIN Eastchester Senior Center

1246 Burke Avenue

718-882-8513

Tuesdays 10:00–11:00 am

RAIN Boston East Senior Center

3450 Boston Road, 2nd Floor

718-654-9200

Tuesdays 10:00–11:00 am

RAIN Boston Secor Senior Center

3540 Bivona Street

718-671-8550

Tuesdays 10:00–11:00 am

Dance Classes

Beth Abraham Health Services PEP for Seniors

1525 Unionport Road, Apartment #ME

718-409-1619

Five belly dancing classes for \$15 for anyone 55+ Fridays 2:00–3:00 pm

Palomba Academy of Music

974 East Gun Hill Road

718-882-3700

Dance classes in different styles, martial arts, and music and voice lessons

Fancy Feet Dance Studio

fancyfeet.com

1295 Allerton Avenue

718-405-5136

Zumba fitness classes for \$10

Bay-Eden Senior Center

1220 East 229th Street

718-882-3815

Free activities for seniors: dance aerobics, line dancing and salsa dancing lessons.

Williamsbridge Oval Recreation Center

3225 Reservoir Oval East

718-654-1851

Free Shape Up: Fitness Bootcamp classes

Yoga

Bay-Eden Senior Center

1220 East 229th Street

718-882-3815

Free floor and chair yoga for seniors

Dahn Yoga

www.dahnyoga.com

1805 Williamsbridge Road, 2nd floor

718-892-1100

Beth Abraham Health Services PEP for Seniors

1525 Unionport Road, Apartment #ME

718-409-1619

Five chair yoga classes for \$15 for anyone 55+