

## Fitness and Dance 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  
Thursdays 5:00–6:00 pm

#### **Grant Avenue Elementary School**

250 East 164th Street  
Wednesdays 5:15–6:00 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

#### **Hunts Point Recreation Center**

765 Manida Street  
718-860-5544  
Membership is free for kids 17 and under.  
After-school program for ages 10 and under.  
Street hockey on Saturdays  
Karate on Wednesdays and Saturdays

#### **Beacon After-School Programs**

Beacon programs are sponsored by the NYC Department of Youth and Community Services and offer a wide variety of physical activity and sports programs for youth. Must be a part of the after-school program to attend activities at the following locations:

##### **CES 11**

1257 Ogden Avenue  
Contact: Marie Stroud or Elizabeth Bajero  
718-590-0101

##### **MS 222**

345 Brook Avenue Room 109  
Contact: Tracy Pringle: 718- 585-3353

##### **MS 219**

3630 Third Avenue  
718-293-5272

#### **Dr. Charles R. Drew Educational Complex**

3630 Third Avenue, Room 227  
Contact: Dennis Carter, 718-293-5272

#### **IS 217 School—Performing Arts**

977 Fox Street  
Contact: Mr. Joseph M. Mpa, 718-589-4844

#### **Police Athletic League**

[www.palnyc.org](http://www.palnyc.org)  
PAL provides a safe haven for kids to express themselves through physical activity and artistic creativity. PAL facilities offer programs in recreation, weight training, team sports, dance, arts & crafts, summer camp and more. Must be a part of the PAL after-school program to attend activities. PAL members must be at least 6 years old. There is an annual fee of \$5.  
Mondays—Fridays 3:00–6:00 pm (6–13 years)

##### **PAL New South Bronx Center**

991 Longwood Avenue  
Contact: Mariam Pena, 718-991-2447 ext. 22  
Mondays—Fridays 3:00–6:00 pm

##### **PAL Webster Avenue**

After-School Program  
2255 Webster Avenue  
Contact: Jennie Bonilla, 718-733-6748

#### **New York City Housing Authority (NYCHA) Fitness Centers: Children's activities**

Must be part of the after-school program to attend activities.

##### **Butler Houses**

1368 Webster Avenue  
718-410-5050  
After-school program and summer day camp

##### **Davidson Houses**

1221 Prospect Avenue  
718-328-9078  
Community center, after-school program and summer day camp

##### **Sedgwick Houses**

1553 University Avenue  
718-731-2600  
After-school program ages 6–12; snacks and dinner provided by housing authority; various recreational and cultural programs. Physical activity programs include dancing and the Road Runners Program.

#### **Shape Up NYC Program**

[www.nycgovparks.org/programs/recreation/shape-up-nyc](http://www.nycgovparks.org/programs/recreation/shape-up-nyc)  
Free fitness classes are available at the following centers:

##### **Saint Mary's Recreation Center**

450 Saint Ann's Avenue  
718-402-5155  
For members only. Membership is free for children 17 and under.  
Mondays and Wednesdays 8:15–11:00 am  
Tuesdays and Thursdays 5:15–8:00 pm  
Saturdays 9:30 am–12:15 pm

##### **Saint James Recreation Center**

2530 Jerome Avenue at 192nd Street  
718-822-4271  
Family Zumba on Mondays, Fridays and Saturdays

##### **Hunt's Point**

765 Manida Street  
(between Spofford and Lafayette)  
718-860-5544  
Mondays and Wednesdays 5:00–7:00 pm  
(bring photo ID)