

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 South Bronx Health Center (SBHC)

South East Bronx Neighborhood Centers Inc.
955 Tinton Avenue
Zumba classes for ages 16+ on Thursdays,
6:00 pm–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

Saint Mary's Recreation Center

450 Saint Ann's Avenue
718-402-5155
Membership is free for kids 17 and under:
Girls instructional basketball classes: Learn the
fundamentals of basketball: shooting, dribbling,
passing and defense. Open to girls ages 13–17.
Saturdays 8:30–10:00 am

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.

Contact these sites for more information on free youth fitness activities:

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

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

Shape Up NYC Program

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

Free fitness classes are available for all nonmembers and members of the following centers:

Saint Mary's Recreation Center

450 Saint Ann's Avenue
718-402-5155
For members only. Membership is free for kids 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
Membership is free for kids 17 and under.
Indoor floor hockey activity for ages 6–13

Hunt's Point Recreation Center

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