

Fitness Programs

October 1 – December 16, 2023

Williamsbridge Oval Recreation Center

3225 Reservoir Oval East, Bronx, N.Y.

Participants must have an NYC Parks Recreation Center membership. Membership is free your youth and young adults 24 years of age and under.

Sweat with Sarah (adult)

Mondays | 10:00 a.m. - 10:45 a.m.

Line Dancing with Pamela (adult)

Mondays | 11:00 a.m. – 11:45 a.m.

Cardio Strength with Sarah (adult)

Tuesdays | 10:00 a.m. – 10:45 a.m.

Shape Up Strong Nation with Melissa (adult)

Tuesdays | 11:00 a.m. - 11:45 a.m.

Zumba with Gigi (adult)

Wednesdays, Saturdays | 10:00 a.m. – 10:45 a.m.

Chair Aerobics with Pamela (adult)

Wednesdays | 1:00 p.m. – 1:45 p.m.

Fit and Fabulous with Kelsey (adult)

Wednesdays | 6:30 p.m. – 7:15 p.m.

Teen Time Fitness with Malcolm (ages 14 – 15 yrs.)

Wednesdays | 4:00 p.m. – 5:00 p.m.

Kripalu Yoga with Michele (adult)

Thursdays | 10:00 a.m. – 10:45 a.m.

Circuit Training with Malcolm (adult)

Thursdays | 11:00 a.m. – 11:45 a.m.

Hip Hop HITT with Malcolm (adult)

Fridays | 6:30 p.m. – 7:15 p.m.

For more information email Victor.Campbell@parks.nyc.gov, Tatiana.Lewis@parks.nyc.gov or call (718) 543-8672 or visit nyc.gov/parks. Contact (212) 360-1430 or accessibility@parks.nyc.gov for more information regarding accessibility.



NYC Parks