

Adult Fitness Classes

Asser Levy Recreation Center
392 Asser Levy Place, Between 1st Avenue and FDR Drive
New York, NY 10010

Participants must have a NYC Parks Recreation Center Membership.

July 2 – September 23, 2017

Mondays

Chair Yoga, 9:45 a.m. – 11:00 a.m.
African Brazilian Zumba™, 6:00 p.m. – 7:00 p.m.

Tuesdays

**Beginner Tennis*, 4:30 p.m. – 5:30 p.m.
Step & Tone, 6:00 p.m. – 7:00 p.m.
Spintastic, 7:00 p.m. – 8:00 p.m.

Wednesday

Cardio Body Toning, 6:00 p.m.- 7:00 p.m.
Boot Camp, 7:00 p.m. – 8:00 p.m.

Thursday

**Pickleball*, 4:30 p.m. – 5:30 p.m.
Zumba™, 6:00 p.m. – 7:00 p.m.

Friday

Jazz Fitness, 3:00 p.m. – 3:45 p.m.
Bollywood, 3:45 p.m. – 4:30 p.m.

*Beginner tennis and pickleball will be held in the park. In the event of inclement weather, these classes will be cancelled.

For more information, please call (212) 447-2023.



Contact (212) 360-1430 or accessibility@parks.nyc.gov for more information regarding accessibility.



NYC Parks