

Fitness & Wellness Center

Our Fitness & Wellness Center is a true description of the results one can achieve through the use of our facilities, equipment, programs, & services. Its an atmosphere full of support & encouragement for anyone interested in making positive lifestyle changes.



*Our #1 goal is helping
you achieve yours!*



*Sign up for personal training
and see the results you've
been waiting for!*

Personal Training

Need a little one-on-one? Someone to keep you on track or develop a challenging routine that keeps your workout fresh? No matter what you need, we've got qualified and motivated Personal Trainers who are ready to work with you. Our Fitness Director can help you choose the Trainer best suited to your particular needs, schedule, and goals.



Our Trainers Specialize in:

- **Weight Loss/Weight Gain**
- **Sports Specific Training**
- **Pre/Post Rehabilitation**
- **Pre/Post Natal**
- **Body Building**
- **Cardiovascular & Endurance**
- **Strength & Conditioning**

Bronx House

990 Pelham Parkway South
Bronx, New York 10461

Phone: 718.792.1800 Ext. 244
E-mail: victoria@bronxhouse.org
www.bronxhouse.org

A beneficiary agency of

UJA Federation
of New York



Fitness & Wellness
with your goals in mind!

Fitness & Wellness



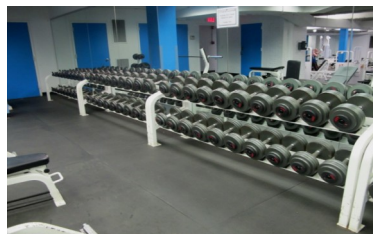
Membership at Bronx House provides you with excellent fitness & aquatics programs, an opportunity to work with a professional trainer, and a wealth of programs to keep you educated and entertained.

Our 4,000 square foot state-of-the-art Fitness & Wellness Center is designed to bring the best possible experience to everyone. What's truly unique is the warm, caring spirit of our professional staff that helps people at all stages of life build positive wellness habits.



After joining, you'll be scheduled for a free fitness center orientation where one of our friendly staff will instruct you on working with all of our fitness equipment.

Program & Facility Highlights



- State of the Art Fitness facility includes
 - Rex Orbi Linear Body Trainer
 - Life Fitness Treadmill/Bicycles
 - Free Motion Cable Machines
 - Cybex Arc Trainer
 - Cybex Weight Machines
 - Free Weights
 - Heated Indoor Swimming Pool
 - Gymnasium (Basketball)
 - Free group exercise classes
 - Personal training (fee based service)
 - Silver Sneakers Fitness Program
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- Men's & Women's Saunas
 - Spacious locker rooms
 - And much, much more!

Group Exercise

Included in your membership is a wide variety of free classes for people of all levels & experience!

Burn calories in **SPINNING** and **ZUMBA**.

Increase muscle tone and core strength in **PILATES** and **YOGA**.

Build your overall fitness level in **TOTAL BODY CONDITIONING** combining cardio and strength training for the ultimate workout.

Experience one of our many classes to help you lose weight, tone, build muscular endurance, and burn calories in a fun energetic environment.

Bronx House Fitness & Wellness Center is where people of all fitness levels and ages come together!



Contact Victoria Tolbert, Fitness & Wellness Director @ **718.792.1800 Ext. 244** to set up your personal tour & to join our wonderful community.