



## EXERCISE SITES

Please choose the site you would like:



### Flatbush YMCA -1401 Flatbush Ave. Bklyn, NY (Phone # 718-469-8100)

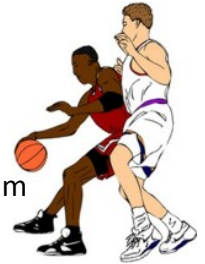
Btw. Farragut Rd. and Foster Ave. Bus: B41, B6 /Subway: 2 & 5 to Flatbush Junction

**General Exercise:** Monday/Wednesday 5:00pm – 6:00pm

### Beacon PAL/Kappa V- 985 Rockaway Ave. Bklyn, NY (Phone # 718- 922-4690)

Corner of Hegeman Ave & Rockaway Ave. Bus: B35, B60 & B15 /Subway: L to New-Lots

**Boys Basketball:** Friday 5:00pm-6:00pm & Saturday 9:00am – 10:30am



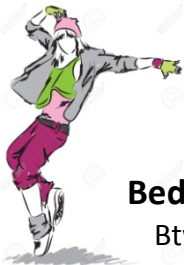
### Brownsville Recreation Center -1555 Linden Blvd, (Phone # 718-345 2706)

Btw. Mother Gaston & Christopher St. Bus: B35, B60, B15 & B8 /Subway: L to New Lots Ave.

**LL-LR General Exercise:** Friday 4:30pm – 5:30pm or 5:30pm – 6:30pm

Saturday 9:30am –10:30am or 10:30am-11:30am

**BRC Dance Class:** Saturday 9:30am-11:30am



### Bed-Stuy YMCA- 1121 Bedford Ave. Bklyn, NY (Phone #718-789-1497)

Btw. Monroe St. & Gates Ave. Bus: B44 & B52 /Subway: A& C to Franklin Ave.  
& G to Bedford/ Nostrand Ave.

**General Exercise Program:** Tuesday and Thursday 5:00pm – 6:00pm

### Camba Beacon/George Gershwin IS 166 - 800 Van Siclen Ave. Bklyn, (Phone# 718-675-3355)

Corner of Linden Blvd & Van Siclen Bus: B83

Subway: 3 to Van Siclen (4 Blocks to site)

**General Exercise Program:** Wed and Friday – 5:00pm – 6:00pm

**KO Boxing:** Tues & Thur - 5pm to 6pm

**Bike New York:** Saturday: 9.30-11.30



### Brookdale Hospital Cafeteria –One Brookdale Plaza, Bklyn, NY (Phone #718-240-8125)( For Kids and Adults)

**General Exercise Program:** Every Monday 5:30pm – 6:30pm

**Specialized Fitness Program:** Every Monday 6:30pm – 7:30pm (Geared towards extreme obesity)

[Visit us on our Website 'livelight.org'](http://livelight.org)

Sponsored by Brookdale University Hospital & Medical Center

The Brookdale University Hospital Medical Center

(A community based program for children, 3-19 years)

One Brookdale Plaza, Room 300 CHC, Brooklyn, NY 11212 Δ 718.240.5857 Δ 718.240.8125 Δ fax. 718.240.8226