



Montefiore
To Your HEALTH!
 Montefiore for a Healthy You



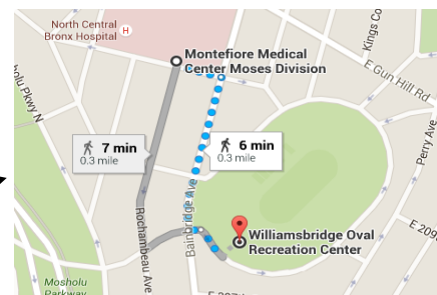
Celebrate Diabetes Month with FREE Fitness Classes for Associates

The Williamsbridge Oval Recreation Center will be hosting **FREE** classes for **all** Montefiore associates throughout November in celebration of Diabetes Month!

Did You Know: 150 minutes of physical activity a week can help delay the onset of Type 2 Diabetes.

Show your Montefiore ID at the door and get active!

Williamsbridge Oval Recreation Center
 3225 Reservoir Oval East, Bronx NY 10467
Just a 6 minute walk from the Moses Campus



Fitness Classes

Boxing Aerobics	Tuesday, November 1, 2016 7:30pm – 8:30pm
Low Impact Aerobics	Monday, November 7, 2016 10:00am – 11:00am
Abs & Arms	Wednesday, November 9, 2016 6:30pm – 7:30pm
Yoga	Thursday, November 17, 2016 6:30pm – 7:30pm
Zumba	Sunday, November 20, 2016 1:30pm – 2:30pm
Spin	Wednesday, November 30, 2016 6:30pm – 7:30pm

