



AFRICAN SERVICES
COMMITTEE

The Partnership
FOR A HEALTHIER NEW YORK CITY 

A GUIDE FOR ACTIVE LIVING: HARLEM

MAKE HEALTH A PRIORITY

Your guide to **free** and **low-cost** gyms, parks,
and fitness classes in Harlem.



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ABOUT THIS GUIDE

This guide was created by African Services Committee to help New Yorkers achieve their health goals by connecting them to free or low-cost fitness resources.

No time to go out to work out? Make your home your gym:

- Stretch in the living room
- Walk the stairs in your building
- Follow an aerobics class on DVD

Active living can help you:

- Lose weight or stay at a healthy weight
- Feel great and look good
- Keep your blood pressure and diabetes under control

Print this guide for free at:
www.africanservices.org/active-living/

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Centers for Disease Control and Prevention



ACTIVE LIVING IS...

Taking the stairs every chance I get.

- FATOU, CENTRAL HARLEM



GYMS

1. Bally Sport

1915 3rd Ave
at 106th St
Open Mon-Sun
(212) 369-3063
ballyfitness.com
Starts at \$10/month
Fitness training,
exercise classes

Planet Fitness

4. 317 Lenox Ave
at 126th St
Open Mon-Sun
(212) 222-3200

5. 208 W 125th St
at 7th Ave
Open Mon-Sun
(212) 497-2644

planetfitness.com
Starts at \$10/month
Fitness training

2. Blink Fitness

301 W 125th Street
at Frederick
Douglass Blvd
Open Mon-Sun
(646) 253-9700
blinkfitness.com
Starts at \$15/month
Fitness training

6. Lucille Roberts Women's Fitness

505 W 125th St
at Amsterdam Ave
Open Mon-Sun
(212) 222-2522
lucilleroberts.com
Starts at \$4/week
Fitness training,
exercise classes

3. NYC Fitness

3552 Broadway
between 145th St
& 146th St
Open Mon-Sun
(212) 368-1700
nycfitness.net
Starts at \$29/month
Fitness training,
exercise classes



ACTIVE LIVING IS...

Having more energy by walking
and working out more.

- JUAN, HAMILTON HEIGHTS



FITNESS CLASSES

Shape Up NYC offers free fitness classes each week.
Find a free exercise class near you at:

nycgovparks.org/programs/recreation/shape-up-nyc

7. Shape Up NYC: Kickboxing

African Services Committee

429 W 127th St

near Amsterdam Ave

Mondays 5-6pm

(212) 222-3882

Age: Teen, Adult, Senior

8. Shape Up NYC: Zumba

East Harlem Asthma Center

161-168 E 110th St

near Third Ave

Fridays 2:30-3:30pm

(212) 996-8513

Age: Teen, Adult, Senior

ACTIVE LIVING IS...

When I'm stressed
or mad, I dance and
dance till I get tired.

- JHEYDEE, CENTRAL HARLEM





PARKS & PLAY STREETS

9. Riverbank State Park

679 Riverside Drive
enter at W 138th or W 145th St
nysparks.com/parks/93

Enjoy the track, gym, tennis courts, pool, skating complex, cultural center, sports and other programs at Riverbank State Park.

11. Jackie Robinson Park

Bradhurst Ave and
Edgecombe Ave,
W 145th St to 155th St
nycgovparks.org/parks/jackierobinsonparkmanhattan

Play baseball, basketball, volleyball, swim, or use the computers at the library.

ACTIVE LIVING IS...

Getting a much needed stretch after a long day at work.

- MANUEL, EAST HARLEM

10. Saint Nicholas Park

St. Nicholas Ave and
St. Nicholas Terrace,
W 128 St to W 141 St

nycgovparks.org/parks/stnicholaspark

Play basketball, handball, or take the children to the playground.

Play Streets

nycgovparks.org/programs/playstreets

Take the kids out to play during the summer at a Play Street near you.

Be Fit NYC

City of New York Parks & Recreation

Look up more free or low-cost fitness classes and programs at:
nycgovparks.org/befitnyc



RECREATION CENTERS

Join a NYC Parks Recreation Center for gyms, indoor tracks, fitness machines, fitness classes, and sports programs.

Yearly membership

Youth (under 18) Free

Young Adults (18-24) \$25

Seniors (62+) \$25

Adults (25-61) \$150

nycgovparks.org/facilities/recreationcenters



12. Jackie Robinson Recreation Center

85 Bradhurst Ave
near W 146th St
(212) 234-9607

15. Morningside Field House

410 W 123rd St
near Morningside Ave
(212) 280-0209

13. Thomas Jefferson Recreation Center

2180 First Ave
near E 112th St
(212) 860-1383

16. Hansborough Recreation Center

35 W 134th St
between Lenox & 5th Ave
(212) 234-9603

14. Pelham Fritz Recreation Center

18 Mount Morris
Park West
near W 122nd Street
(212) 860-1380



OTHER FITNESS

17. Harlem YMCA

180 West 135th St
near Adam Clayton
Powell Jr Blvd
Open Mon-Sun
(212) 912-2100
ymcanyc.org/harlem
Gym, pool, exercise
classes, sports

20. Health & Race Walking Clinics

North Meadow
Recreation Center
Central Park
Mid-Park at 97th St
Sat 9:30-11am
(212) 348-4867
Group walks for
adults

18. Emblem Health: Neighborhood Care

215 West 125th St
near Adam Clayton
Powell Jr Blvd
Open Mon-Sat
(866) 469-0999
ehnc.com
Health workshops,
fitness classes

21. Fight Back Mixed Martial Arts

116 Edgecombe Ave
at 140th St
Open Mon-Sat
(646) 373-7804
harlemmartialarts.com
Martial arts classes

19. Harlem Yoga Studio

44 W 125th St,
3rd Floor
near Lenox Ave
Open Mon-Sun
(917) 538-0457
harlemyogastudio.com
Yoga for adults
and children

22. Police Athletic League (PAL)

441 Manhattan Ave
near 119th St
Open Mon-Fri
(212) 665-8699
palnyc.org
Sports and dance
programs for
teens and children

ACTIVE LIVING IS...

Working out in my living room while
the children take their naps.

- JENNY, HAMILTON HEIGHTS

ACTIVE LIVING RESOURCE MAP



Gyms



Fitness Classes



Parks



Rec Centers



Other

