



Use this resource to learn about low-cost and free exercise services.

- **NYC YMCA.** Cost per month depends on location and type of membership. Classes offered, pools at select locations. Financial assistance is available for some who qualify.
- **Lucille Roberts.** Prices range from \$17-\$26 per month depending on location. Classes offered. Locations in Manhattan, Bronx, Brooklyn, and Queens. Women only.
- **Yoga to the People.** Classes are donation based, all levels available. Suggested donation is \$10 per class. But you can pay what you can afford. Locations in Manhattan and Brooklyn.
- **Retro Fitness.** Prices start at \$19.99 per month. Classes offered at all locations, child sitting available at select locations for small extra fee per month. Locations in Manhattan, Bronx, Brooklyn, and Queens.
- **Planet Fitness.** Gym membership starts at \$10 per month. Classes offered with limited openings. Locations in Manhattan, Bronx, Brooklyn, and Queens.
- **Blink.** Gym membership starts at \$15 per month. Small, group training available. Locations in Manhattan, Bronx, Brooklyn, and Queens.
- **NYC Parks Rec Centers.** Annual fees range from \$25-\$150 depending on age. Free for anyone under 18. Fitness classes offered, pools at some locations. 33 locations in Manhattan, Bronx, Brooklyn, Staten Island, and Queens.
- **Shape Up NYC and BeFitNYC.** Free exercise classes all over the city.
- **NY Sports Clubs.** Some locations offer memberships at \$19.95 per month. Classes and small group trainings are available. Babysitting is available at select locations for an extra fee. Locations in Manhattan, Bronx, Brooklyn, and Queens.
- **Jack Rabbit runs.** Jack Rabbit is a running store. The store offers free guided runs each week in Queens, Manhattan, and Brooklyn. All paces are welcome!
- **Citi Bike.** Sign up for a year and pay \$5 per month for an unlimited number of rides in Manhattan, Brooklyn, Queens, and Jersey City. You must be a NYC Housing Authority (NYCHA) resident.

For questions about wellness, contact (212) 432-8494 or wellness@chnnyc.org