



EXERCISE - SITES



- ❖ **Flatbush YMCA -1401 Flatbush Ave. Brooklyn, 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 to 6:00pm

- ❖ **Brownsville Recreation Center -Basket Ball -1555 Linden Blvd, Brooklyn, NY**
(Phone # 718-345 2706)
[Btw. Mother Gaston & Christopher St. Bus: B35, B60, B15 & B8 /Subway: L to New Lots Ave]
LL-LR Basketball: Monday & Wednesday: 4:30pm to 6:30pm

- ❖ **Brownsville Recreation Center -1555 Linden Blvd, Brooklyn, NY**
(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 to 5:30pm | 5:30pm to 6:30pm
Saturday: 9:30am to 10:30am | 10:30am to 11:30am
LL-LR Dance Class: Saturday: 9:30am to 11:30am

- ❖ **CAMBA Beacon/George Gershwin IS 166 - 800 Van Siclen Ave, Brooklyn, NY**
(Phone# 718-675-3355)
[Corner of Linden Blvd & Van Siclen Bus: B83 Subway: 3 to Van Siclen (4 Blocks to site)]
KO Boxing: Tues & Thur. – 5:00pm to 6:00pm
General Exercise Program: Wed & Friday – 5:00pm to 6:00pm
Every Saturday - 10:00 am to 12 Noon

- ❖ **Brookdale Hospital Cafeteria –One Brookdale Plaza, Brooklyn, NY**
(Phone #718-240-8125)
General Exercise Program: Every Monday 5:30pm to 6:30pm
Bariatric Exercise Class: Every Monday 6:30pm to 7:30pm



Visit us on our Website: www.livelight.org

Sponsored by The Robin Hood Foundation

In Partnership with The Brookdale University Hospital Medical Center

Want to **SIGN-UP** for Exercise Program

One Brookdale Plaza, Room 300 CHC,
Brooklyn, NY 11212

CALL – Rena @ 718-240-8125

Monday	4:30 PM to 6:30 PM	Basketball, Bariatric Exercise, General Exercise
	5:00 PM to 6:00 PM	
	5:30 PM to 6:30 PM	
	6:30 PM to 7:30 PM	
Tuesday	5:00 PM & 6:00 PM	Boxing
Wednesday	4:30 PM to 6:30 PM	Basketball, General Exercise
	5:00 PM & 6:00 PM	
Thursday	5:00 PM & 6:00 PM	Boxing
Friday	4:30 PM to 5:30 PM	General Exercise
	5:30 PM to 6:30 PM	
	5:00 PM to 6:00 PM	
Saturday	9:30 AM to 10:30 AM	Dance class, General Exercise
	10:00 AM to 12:00 Noon	
	10:30 AM to 11:30 AM	

❖ **General Exercise includes**