HEALTH AND WELLNESS IN BROOKLYN

NUTRITION

Greenmarkets: Access local fruits and vegetables at one of your local greenmarkets.

Brooklyn Borough Hall
Carroll Gardens
Fort Greene Park
Grand Army Plaza
Greenpoint/McCarren Park

For more information:
http://www.grownyc.org/greenmarket/ourmarkets

CSA’s: Community Supported Agricultures supports regional family farmers and creates access to high quality, fresh produce grown locally.

Brooklyn Beet
Brooklyn Bridge
Carroll Gardens
Cobble Hill
DUMBO/Vinegar Hill
El Poblano
Fishkill Farms
Greene Harvest
Greenpoint-Williamsburg
Lineage Farm
Park Slope
Partners Trace
Prospect Heights
Prospect/Lefferts Garden
Sweet Pea

For more information:
http://www.justfood.org/csaloc/brooklyn

To access this map, go to http://goo.gl/maps/dhooy. By clicking on each pin, you will be able to view the location and link for additional information.
PHYSICAL ACTIVITY

Cardio

Farragut Community Center: Shape Up NYC: Dance Fitness
Fort Green Grant Square Senior Center: Shape Up NYC: Aerobics
Ingersoll Community Center: Shape Up NYC: Aerobics, Shape Up NYC: Low Impact Aerobics, Shape Up NYC: Kickboxing
McCarren Park: Shape Up NYC: Zumba
Metropolitan Recreation Center: Shape Up NYC: Cardio Sculpt, Shape Up NYC: Intensati
PS 287: Shape Up NYC: Cardio and Strength

Conditioning

Farragut Community Center: Shape Up NYC: Boot Camp

Kayak/Canoe

Brooklyn Bridge Park

Sculpting

Center for Nursing and Rehabilitation: Shape Up NYC: Core & More
Farragut Community Center: Shape Up NYC: Cardio Sculpt
Prospect Park: Shape Up NYC: Pilates

Swimming

Brooklyn Bridge Park
McCarren Park
Metropolitan Recreation Center

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Gyms with Columbia Discount

Crunch Gym: Fort Greene, Park Slope
New York Sports Club: Brooklyn Heights, Cobble Hill, Park Slope

Office of Work/Life