



Come Play at BK Fit Fest!

Celebrate health and movement with NYC Parks at this empowering event featuring free fitness classes and fitness stations. Participants will learn how to integrate more movement into their everyday life through flexibility, strength, dance and other fun activities.

This event is FREE and open to all ages of the public.

For more information please call (718) 972-0567 or visit nyc.gov/parks.

Sunset Park Recreation Center

4200 7th Ave.
Brooklyn, N.Y.

Saturday, December 1
10:00 a.m. – 2:00 p.m.

10:00 a.m. Circuit Training
11:00 a.m. Zumba
12:00 p.m. Agility
1:00 p.m. Stretch & Mobilize

Contact accessibility@parks.nyc.gov or (718) 972-0567 for more information regarding accessibility.



NYC Parks