FITNESS RESOURCES

New York University
Palladium Athletic Facility
212-992-8500
140 E. 14th Street

Jerome S. Coles Sports and Recreation Center
Closing for redevelopment in November 2015
212-998-2020
181 Mercer Street

Brooklyn Athletic Facility
718-260-3453
6 Metrotech Center, Brooklyn, NY

Intramurals
212-998-2025
181 Mercer Street
http://www.imleagues.com/School/Intramural/Home.aspx?SchID=14ee0b48738f4717bf514023db09a3b

Physical Therapy Services
212-443-1080
726 Broadway, 4th Floor
http://www.nyu.edu/life/safety-health-wellness/student-health-center/services/physical-therapy.html

The Mindfulness Project
212-998-4959
238 Thompson Street, 4th Floor

New York City

Blink Fitness NOHO
212-228-7000
16 E. 4th St
https://www.blinkfitness.com/locations/NOHO

New York Sports Clubs
212-780-7407
232 Mercer Street
https://mysportsclubs.com/

Yoga to the People
917-573-9642
12 St. Marks Place
http://yogatothepeople.com/new-york/east-village-st-marks/

David Barton Gym
212-505-6800
4 Astor Place
http://www.davidbartongym.com/dbgym/new_york_astor_place/

14th Street Y
212-780-0800
344 E. 14th Street
http://www.14streety.org/

Online
Physical Activity and Health
http://www.cdc.gov/physicalactivity/everyone/health/index.html

Fitness Magazine
http://www.fitnessmagazine.com/

Mayo Clinic Guide to Stretching
http://www.mayoclinic.org/healthy-living/fitness/multimedia/stretching/sls-20076840

Equinox
http://www.equinoy.com/

Runner’s World
http://runnersworld.com/

Online Yoga Videos
http://doyogawithme.com/

The Scientific 7-minute workout

SHC Health Promotion Office: 726 Broadway, Suite 344, (212) 443-1234, health.promotion@nyu.edu
Updated 2015