

PHYSICAL STRENGTH TO FUEL SPIRITUAL GROWTH



Jump Into Shape X Yeshiva University
A wellness partnership for YU faculty & students



Fitness That Fits Real Life

Short workouts. Flexible programs.
Support to help you stay consistent.

Exclusive for YU Faculty & Students

\$50/month

(Regularly \$80)

What Jump Into Shape Includes



Workouts Anywhere

Fun workouts you can do anytime



Efficient Sessions

Designed for busy schedules



Programs for Every Level

Beginner through advanced



Support & Community

Stay motivated and consistent



"I have found Jump Into Shape to be absolutely transformative."
- Rabbi Aryeh Lebowitz

Start With a Free Discovery Call

Learn how Jump Into Shape can help you build strength, energy and consistency

Scan to Schedule Your Call



jumpintoshape.fun | call or text (646) 653-4850