

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



**EXPERT
INSTRUCTORS
SHAPING UP HAS
NEVER BEEN SO EASY!**

Ultimate Cardio for Adults Instructor: Gloria

Saturdays
September 8 - February 23
11 am
SEASIDE

116-15 Rockaway Beach Boulevard
Rockaway Park | 718.634.1876
A S to Beach 116 Street, Rockaway Park
Q22 Q35 Q53

ShapeUp NYC instructor Gloria leads this total body workout that incorporates techniques such as kicks and punches that move to a rapid pace. This fitness class is designed to promote cardiovascular fitness, strength, muscular endurance, and flexibility using high energy and motivating music. Wear comfortable clothes and sneakers; bring a water bottle and towel.

Space is limited. Participation is first-come, first-served.

ADMISSION IS FREE.

For other Shape Up NYC locations visit nycgovparks.org/programs/recreation/shape-up-nyc or call 311.