

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Cardio Dance Fitness for Adults

Thursdays
September 21 – January 11
(except 11/23)

6:30 pm

ROSEDALE

144-20 243 Street

718-528-8490

Train: LIRR to Rosedale

Q85 Q111

Instructor **Althea Bazemore** leads this fitness class that uses easy to follow dance moves geared at increasing cardiovascular fitness, body toning and burning calories. Wear loose clothing and sneakers. Be sure to bring a bottle of water.

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.