

# shapeup NYC

**Free** Fitness Classes at 100+ Locations across NYC!



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

## Latin Low-Impact Aerobics for Adults

**Thursdays  
November 1 - May 2  
(except holidays)**

**6 pm**

**RICHMOND HILL**

118-14 Hillside Avenue

718.849.7150

**J Z** to 121 Street

**Q10 Q55 Q56**

Come join instructor **Yvonne** for low-impact aerobics to Latin fusion rhythms and fun! You'll boost your mood, burn fat, build stronger bones, and improve your heart and brain health.

**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](http://nycgovparks.org/programs/recreation/shape-up-nyc) or call 311.