

shapeup NYC



NYC Parks

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NYC Service

Free Fitness Classes at 100+ Locations across NYC!



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

Cardio Dance Fitness for Adults

Saturdays
January 5 – June 29
11:30 am
LAURELTON
134-26 225 Street
718.528.2822
Q5

This class uses easy-to-follow dance moves geared at increasing cardiovascular fitness, body toning, and burning calories. It includes a warm up, an aerobic workout, muscle toning, stretching, and cool down. Instructor **Althea Bazemore** is part of the Shape Up NYC Instructor Training Program. 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.



Department of
Education

Department for
the Aging

Department of
Health

