

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Chair FITTness for Adults Instructor: Mekki

Saturdays
January 5 - June 1
10 am
HILLCREST
187-05 Union Turnpike
Flushing | 718.454.2786
Q17 Q46

ShapeUp NYC instructor **Mekki** leads this seated fitness class which emphasizes functionality, strength, and flexibility with options for ranges of motion. Some exercises can be done seated or standing. Space is limited. Bring a bottle of water and wear comfortable clothing.

Space is limited. Participation is on a first-come, first-served basis.

ADMISSION IS FREE.

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