

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Chair Yoga

Mondays
January 28 - June 24
(except 2/18, 5/27)

1:30 pm

REGO PARK

91-41 63 Drive

718.459.5140

R or **M** to 63rd Drive
Q11 Q38 Q53 Q60 Q72

ADMISSION IS FREE.

Instructor **Melissa Siegel** leads this beginner level chair-based class with a focus on getting more in touch with the body through breathing and body flexibility exercises. **Participants should wear comfortable clothing. Participation is on a first-come, first-served basis.**

Participants should consult with their physicians before undertaking any exercise, nutrition, or health-improvement program.

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