

# shapeup NYC

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



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

## Chair Aerobics for Adults Instructor: Doris

---

**Mondays**  
**February 4 - August 5**  
**(except holidays)**  
**2 pm**  
**MIDDLE VILLAGE**  
72-31 Metropolitan Avenue  
718.326.1390  
**Q29 Q38 Q54**

---

ShapeUp NYC instructor **Doris** leads this chair-based class to enhance strength, flexibility, and cardio. Exercises target both upper and lower body. Participants can work at their own pace based on ability. Wear comfortable clothing and bring a towel and water bottle. 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](http://nycgovparks.org/programs/recreation/shape-up-nyc) or call 311.