

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Low-Impact Chair Exercise for Adults

Instructor: Peggy


**Thursdays
February 7 - August 1
(except holidays)**

6 pm

WOODSIDE

54-22 Skillman Avenue

718.429.4700

 to 52nd Street

Q18 Q32 Q60

ShapeUp NYC instructor **Peggy** leads this low-impact workout designed to help build muscle strength while improving cardiovascular health and range of motion. This fitness class is great for those at the beginning or intermediate level. 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 or call 311.