

shapeup NYC



Free Fitness Classes at 100+ Locations across NYC!

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

Whole Body Dance Cardio for Adults

Instructor: Mellissa

**Saturdays
February 2 - August 3
10:30 am**

LEFRAK CITY

98-30 57 Avenue, Corona

718.592.7677

M or **R** to Woodhaven Blvd. or 63rd Drive
Walk 5 blocks to 57 Avenue.
Q38 Q72 Q88 QM10 QM11

ShapeUp NYC instructor **Mellissa** leads this fitness class, a mixture of dance, aerobics, and toning all wrapped up into an upbeat environment. This class will get you moving to the beat of a drum you thought you never had. So whether you're just beginning with fitness or are a seasoned pro, this is the perfect class for you. Let's get moving into fitness! 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.