

shapeup NYC



Free Fitness Classes at
100+ Locations across NYC!

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

Perfect Form Bodyweight Bootcamp

Instructor: Matt

Mondays
February 4 - August 5
(except holidays)

5:30 pm
ASTORIA

14-01 Astoria Boulevard
718.278.2220

N, W to Astoria Boulevard
Q18 Q19 Q69 Q102 Q103

ShapeUp NYC instructor **Matt** leads this fitness class designed to build strength and improve your movement capabilities with just your own bodyweight (and emphasis on perfect form!). Exercises will happen in timed intervals with the intention to strike every major muscle group. Class is structured so you can move at your own pace in order to monitor your progress and do what's right for your body. Wear comfortable clothing, and bring a towel and water bottle.

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.