

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Yoga for Adults

Mondays
January 7– June 24
(except holidays)

6 pm

BAYSIDE

214-20 Northern Boulevard

718.229.1834

LIRR to Bayside

Q12 Q13 Q31

This healing session is appropriate for those who wish to finally add the healing qualities of yoga into their lives. Instructor **Alice** moves the body through the classical poses very slowly, gently, and conscientiously. You will also learn important breathing exercises. Everyone will leave feeling refreshed and relaxed. Please bring a yoga mat and water to keep hydrated, and wear comfortable clothing.

Space is limited. Participation is first-come, first-served.

ADMISSION IS FREE.

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