

# 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: Sharon

**Mondays  
February 25 - August 19  
(except holidays)**

**7 pm**

**CENTRAL LIBRARY  
(TEEN SPACE PROGRAMMING ROOM)**

**89-11 MERRICK BOULEVARD**

Jamaica | 718.990.0778

**F** to 169th Street

**Numerous buses go to the  
165th Street bus terminal.**

ShapeUp NYC instructor **Sharon** leads this low-impact fitness class that focuses on improving core, upper body strength, and mobility. This low-impact, gentle workout will help you burn calories, tone your body, and increase your heart health. 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.