

# shapeup NYC

**Free** Fitness Classes at 100+ Locations across NYC!



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

## Latin Cardio Dance Fitness for Adults

Instructor: Michèle

**Mondays**  
**March 4 - June 24**  
**(except holidays)**  
**6:30 pm**  
FRESH MEADOWS  
193-20 Horace Harding  
Expressway  
718.454.7272  
Q17 Q30 Q88

**ADMISSION IS FREE.**

This fitness class addresses muscle strength, flexibility, and endurance while keeping your heart rate up in order to burn maximum calories and tone the body. **Participants should wear comfortable clothing, and bring a towel and a bottle of water. Participation is on a first-come, first-served basis.**

Participants should consult with their physicians before undertaking any exercise, nutrition, or health-improvement program.

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.