

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Carib Dance Fitness for Adults

Mondays
February 5 – July 30
(except holidays)
6 pm

SOUTH OZONE PARK
128-16 Rockaway Boulevard
718-529-1660
Q7, Q9, Q10

Come feel the Caribbean vibes with soca, reggae, and African rhythms through dance fitness with instructor **Ariana Carthan**. Participants will work up a sweat in an hour of aerobic movements mixed with dance. Wear comfortable clothes and sneakers; bring a water bottle and towel.

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.

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Zumba for Adults

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6 pm**

**LAURELTON
134-26 225 Street
718-528-2822
Q5**

Ditch the workout and join the party. Instructor **Eulanda Greene** leads this Zumba fitness class, which incorporates low and high intensity dance moves to rhythms including Salsa, Soca, Hip-hop and African beats. Come and have fun while burning calories.

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

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