

shapeup NYC

Free Fitness Classes at 100+ Locations across NYC!



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

Cardio Sculpt for Adults Instructor: Farrah

Saturdays
April 6 - October 5
10 am

SOUTH JAMAICA

108-41 Guy R. Brewer Boulevard
Jamaica | 718.739.4088
Q111 Q113 Q114

This fitness class uses high intensity weight bearing exercises interspersed with cardio to keep your heart rate up and keep you sweating. 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 or call 311.