

shapeup NYC

Free Fitness Classes at
100+ Locations across NYC!




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

Total Body Conditioning for Adults

Instructor: Zarina

Thursdays
April 4 - October 3
(except 7/4)
6 pm

SUNNYSIDE
43-06 Greenpoint Avenue
Long Island City
718.784.3033
 to 46th Street/Bliss Street
B24 Q32 Q39 Q60

ShapeUp NYC instructor **Zarina** leads this fitness class designed to assist with your daily activities, from lifting shopping bags to climbing the stairs and pushing the carts. Using your own bodyweight, we will incorporate moves like squats and lunges that will build muscle, gain strength, and burn calories. 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.