

# shapeup NYC


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



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

## Zumba for Adults

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**Thursdays**  
**April 4 - October 3**  
**(except 7/4)**  
**6 pm**  
**WOODHAVEN**  
85-41 Forest Parkway  
Woodhaven  
718.849.1010  
 to 85 Street  
**Q56**

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ShapeUp NYC instructor **Annette** leads this fitness class designed for adults that includes a combination of high and low impact aerobics and incorporates dance moves to the beat of salsa, merengue, and a variety of music. Bring a bottle of water and wear comfortable clothing.

**Space is limited. 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.**