

# shapeup NYC

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



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

## Ultimate Cardio for Adults Instructor: Gloria

**Saturdays**  
**April 6 - October 5**  
**11 am**  
**SEASIDE**

116-15 Rockaway Beach Boulevard  
Rockaway Park | 718.634.1876  
A S to Beach 116 Street, Rockaway Park  
Q22 Q35 Q53

ShapeUp NYC instructor **Gloria** leads this total body workout that incorporates techniques such as kicks and punches that move to a rapid pace. This fitness class is designed to promote cardiovascular fitness, strength, muscular endurance, and flexibility using high energy and motivating music. 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](http://nycgovparks.org/programs/recreation/shape-up-nyc) or call 311.