

# shapeup NYC

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



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

# Cardio Dance Fitness for Adults

Instructor: **Nora**

**Thursdays**  
**April 4 - October 31**  
**(except 7/4)**

**6:30 pm**

**RIDGEWOOD**

20-12 Madison Street

718.821.4770

 to Forest Avenue

**B13 B20 Q39 Q58**

This exciting workout uses easy-to-follow dance steps to increase cardio fitness and mobility and to tone the body. Bring a bottle of water, wear comfortable clothing, and bring a towel for this fun workout.

**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.