

**shapeup**  
**NYC**



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**NYC** Service

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



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

# Chair Yoga for Adults

Instructor: Melissa Siegel



**Mondays**  
**August 28 – February 26**  
(except holidays)

**1:30 pm**

REGO PARK

91-41 63 Drive

718-459-5140

 or  to 63 Drive  
Q11 Q38 Q53 Q60 Q72

A beginner level chair-based class with a focus on getting more in touch with the body through breathing and body flexibility exercises. Participants should wear comfortable clothing and a smile!

**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.



Department of  
Education

Department for  
the Aging

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Health

