



Powered by



NYC Service

**FREE** fitness classes in 100+ locations across New York!  
Shaping Up has never been this easy!

## Lower Manhattan

### **Alfred E. Smith Recreation Center**

Tues. 6pm DeRose Method  
Wed. 6pm Zumba  
Mon. 4:45pm Girls Fitness & Fun

### **Tony Dapolito Recreation Center**

Mon. 6:30pm Zumba  
Wed. 6:30pm Sati Strength

### **Hamilton Fish Recreation Center**

Tues. 10:30am Body Conditioning  
Thurs. 9:30am Yoga

### **Asser Levy Recreation Center**

Wed. 12pm Body Sculpting  
Fri. 10am Zumba  
Thu. 12pm Yoga

### **Chelsea Recreation Center**

Tues. 9am Feldenkrais  
Tues. 10am Pilates Fusion  
Tues. 7pm Hot Hula Fitness

### **Kips Bay Library**

Sat. 1pm Chair Yoga

### **Recreation Center 54**

Sat. 8am Body Conditioning  
Sat. 9am Pilates

### **Gertrude Ederle Recreation Center**

Thu. 7:15pm Nia  
Thu. 6:00pm Pilates  
Thu. 7:00am Yoga

Free. All are welcome, no registration is required.

For other Shape Up NYC locations, visit [www.nyc.gov](http://www.nyc.gov) or call 311.





Powered by



## **Shape Up NYC is looking for new sites to host FREE fitness classes!**

Shape Up NYC is a free citywide fitness program run by NYC Parks, in partnership with NYC Service, Equinox, and Empire Blue Cross Blue Shield, that targets neighborhoods with high rates of obesity and obesity related disease.

Shape Up NYC offers Zumba, Yoga, aerobics, kickboxing, cardio sculpt, and more – and we can tailor the class format and schedule to meet the needs at the host site.

### Requirements:

- Classes must be free and open to the public
- A multi-purpose room that can hold a minimum of 20-25 people
  - An iPod dock or CD player

If you are interested in hosting a class, please call 212-360-3304 or email [shapeupnyc@parks.nyc.gov](mailto:shapeupnyc@parks.nyc.gov)



Every Shape Up NYC class is free – all are welcome, no registration is required.



# shapeup NYC



Powered by



NYC Service

Empire BlueCross BlueShield Foundation

Shape Up NYC is a free citywide fitness program operated by NYC Parks, in partnership with NYC Service, Equinox, and Empire Blue Cross Blue Shield, that provides 225 free group exercise classes each week at 130 locations across the five boroughs.

Since 2010, the Shape Up NYC program has had more than 500,000 visits at more than 25,000 fitness classes. Locations include parks, recreation centers, housing and health facilities, schools, libraries and community centers. Class offerings are varied and include yoga, Zumba, pilates, kickboxing, cardio sculpt, conditioning and more. Classes are completely free, open to the public and no pre-registration is required.

Starting in 2012, NYC Parks piloted the Fitness Instructor Training (FIT) program, a comprehensive train-the-trainer style program designed to train "regular New Yorkers" to become fitness instructors and teach free exercise classes in their communities. The program consists of ten weeks of classroom training (topics include basic anatomy, exercise physiology, injury prevention, music, cueing and choreography) followed by a six-month internship where participants get practical experience by leading one Shape Up NYC class per week in their community. During the pilot, the FIT program has trained over 200 instructors. Additionally, there was a 27% increase in visits to Shape Up classes from 2012 to 2013, and this was due in large part to the train-the-trainer program.





Powered by



NYC Service

## 2013 Participant Survey Results

Our most recent survey of Shape Up NYC participants, conducted from May 2013 to December 2013, provided data on 1,157 individuals. All of the information is self-reported.

### Who We Serve

91.5% Female  
53.5% ages 40-65  
60% Overweight or Obese  
8.4% are diabetic  
31% are hypertensive  
26.4% have high cholesterol  
10.2% have asthma

### Health-Seeking Behavior

45% did not exercise regularly before starting Shape Up NYC

### Impact

65% report having lost weight  
    Of those, 51% have lost 1-10 pounds  
    9% have lost 11-20 pounds  
    10% have lost more than 20 pounds  
51% report attending multiple times per week  
83% report having more energy  
33% report improved eating habits  
52.3% report having made new friends  
52% report having an improved mood  
53% report having less stress  
35% report feeling a greater sense of community  
18.1% report having lowered their blood pressure  
8.1% report that they have less need for medication  
2.7% report that they have stopped smoking

### Qualitative Data

"I couldn't walk or stand straight, but now I am strong."

"I am able to walk up the stairs without gasping for breath."

"Shape Up NYC has made me become a healthier person."

"I never thought I could build muscles at my age. One day I looked in the mirror and I thought I don't see well. So it's fun that I came to Shape Up NYC for stress and I got a new body instead."

"I love the classes, the sense of community, and the instructors. The classes are both fun and challenging."

"Shape Up inspired to get my Zumba certification and now I want to teach Shape Up NYC classes."

"At the beginning of my journey I was very overweight and had very bad eating habits. Now I am very disciplined and I intend to give back to the Harlem community as an instructor. I encourage many people during the class by telling them not to give up and to give it your all so that you will succeed."

# shapeup NYC



Nearly 30% of adults in NYC report doing no physical activity in a 30 day period. Shape Up NYC is a free citywide fitness program launched in June of 2004 through a partnership between NYC Parks and the Department of Health and Mental Hygiene (DOHMH) that targets neighborhoods with high rates of obesity and obesity-related disease.

Shape Up NYC class offerings are varied and include Yoga, Zumba, Kickboxing and Cardio Sculpt. Classes are completely free, open to the public and no pre-registration is required, so participants just find the location in their neighborhood and start to Shape Up.

Since May 2010, Shape Up NYC embarked on a major expansion and now offers more than 225 free fitness classes every week at 115 locations across the five boroughs, including outdoor parks, recreation centers, housing and health facilities, schools and community centers. Since expanding, Shape Up NYC program has had more than 400,000 visits at more than 20,000 fitness classes and attracted local and national media attention.

The 2013 participant survey (completed by 1,157 participants) highlighted the health impact of Shape Up NYC: 65% of participants have lost weight since they started attending Shape Up NYC classes. In addition to weight loss, Shape Up NYC has improved the overall health of participants. Of surveyed participants, 83% report feeling better or having more energy. Our experienced Shape Up NYC participants are now examples to other community members, as they demonstrate the positive effects of consistent physical activity. Nearly 48% of surveyed participants report hearing about Shape Up NYC from a friend or family member.