

shapeup NYC

Free Shape Up NYC classes in Brooklyn NYCHA Centers
Be part of the community that's bigger than the gym

Bushwick Hylan Community Center

Tues. 12pm Senior Fitness
Sat. 3pm High/Low
Aerobics
NEW! Sat. 2pm Zumba
starts May 30th

Brownsville Senior Center

NEW! Wed. 10am Senior
Fitness
starts May 20th

Marcus Garvey Community Center

NEW! Wed. 6:30pm Yoga
starts May 20th

Thurs. 7:30pm Latin
Fitness
starts May 21st

Ingersoll Community Center

Mon. 7pm Dance Fitness
Wed. 7:15pm Dance
Fitness
Thurs. 7pm High Cardio
Boot Camp
Fri. 7pm Line Dancing
Sat. 9am Fundamentals of
Tai Chi

Tompkins Community Center

Mon. 7pm Zumba
Thurs. 6:30pm Yoga

Boulevard Community Center

Thurs. 6:30pm Bootcamp
NEW! Mon. 6:30pm
Cardio Sculpt
starts June 26th

Miccio Cornerstone Community Center

Wed. 7pm Aerobics:
Move, Groove and Lose
NEW! Sat. 10am Flamenco
starts June 13th

NEW! Tues. 6:30pm Boot
Camp Fusion
starts June 6th

Van Dyke II Senior Center

Tues. 10:30am Aerobics
Wed. 10:30am Senior
Fitness
Thurs. 10:30am Aerobics
Fri. 10:30am Senior
Fitness

Seth Low Community Center

Tues. 6:30pm Zumba

