

Shape Up NY is back!



Shape Up NY is a free fitness class available to teachers, school staff, parents and community residents.

Shape Up NY offers:

- **Improve on aerobic conditioning and strength training**
- **Certified group fitness instructor**



Tito Puente Educational Complex
240 East 109th Street (b/w 2nd & 3rd Ave)
New York, NY 10029

Starts Sept 15th!

Tuesdays 4:30pm – 5:30pm
Wednesdays 4:30pm - 5:30pm & 5:30pm – 6:30pm



City of New York
Parks & Recreation

