



New Free Shape Up NYC classes in Manhattan.
Be part of the community that's bigger than the gym.

Pologround Community Center

3005 Eighth Avenue
New York, NY 10039

Hip Hop Cardio Blast
Wed. 6:00pm

St. Nicholas Senior Center

210 West 131 Street
New York, NY 10027

Move and Groove Chair Fitness
Mon. 11:00am

Free classes for all levels of ability. No registration required. For more information and a full list of classes citywide, visit nyc.gov/parks.

