



# Shape Up NYC

Join Shape Up NYC for a free fitness class at Park Slope Library led by Fiona. All levels welcome!

Register at:  
[www.nyc.gov/shapeupnyc](http://www.nyc.gov/shapeupnyc)

Masks are strongly encouraged.  
Wash your hands before attending a program. Stay home if you are sick.

## Total Body Fitness

**Thursdays, starts 10/13**  
**10:30 AM—11:30 AM**

**Park Slope Library**  
431 6th Ave  
Brooklyn, NY 11215



Outreach  
Services



ShapeUpNYC



ShapeUpNewYorkCity