

Shape Up NYC

Category: Mental Health and Wellness | - Community-based

Location

Shape Up NYC

Website

<https://www.nycgovparks.org/programs/recreation/shape-up-nyc>

Description

Shape Up NYC is a free, drop-in fitness program with locations across the five boroughs. There is no class registration, simply show up to take fitness classes like aerobics, yoga, Pilates, Zumba, and much more. Shape Up NYC's fitness instructors know how to make fitness fun! Membership at a recreation center is not required. Participants must bring a lock for classes held at recreation centers.

HAS THIS PROGRAM BEEN SUSPENDED DUE TO COVID-19? Yes. All Shape Up NYC programs are cancelled until further notice. For updates to Shape Up NYC's response to COVID-19, please visit Shape Up NYC's Facebook page [here](#).

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