



Shape Up NYC Walking Groups

Allerton Skatepark

Bronx Park East & Allerton Road
Saturdays at 10:00a.m.
Instructor: Amos

Franz Sigel Park

Meet at 153rd Street & Grand
Concourse
Sundays at 9:30a.m.
Instructor: Gisela

Van Cortlandt Park

Meet at Tortoise & Hare
sculpture
near the 242st Street entrance
Thursdays at 2:00p.m.
Instructors: Tonya

Macombs Dam Park

Meet at the track
River Avenue & E 157th Street
Saturdays at 9:00a.m.
(Instructors: Rosalyn & Val)
Saturdays at 12:00p.m.
(Instructor: Kim)

St. Mary's Park

Meet at the track
450 St Ann's Avenue
Sundays at 10:30a.m.
Instructors: Evelyn & Clarisa

Willamsbridge Oval Park

Meet at the track
3225 Reservoir Oval East
Wednesdays at 12:00p.m.
Instructor: Lia

Patterson Playground

College Avenue
Sundays at 12:00p.m.
Instructor: Clarisa

To register for a walking group,
visit www.nyc.gov/shapeupnyc.

A face covering and social
distancing is required. Please stay
home if you're sick.

