



MAYOR STEVEN M. FULOP
THE JERSEY CITY MUNICIPAL COUNCIL
AND THE
DEPARTMENT OF RECREATION
PRESENT



ADULT FITNESS CLASS

PROPER ATTIRE REQUIRED
(EX: EXERCISE CLOTHING AND SNEAKERS)
HELEN CLARK, INSTRUCTOR

GRACE CHURCH - 2ND STREET AND ERIE STREET

Mondays, 10:45 a.m. - 11:45 a.m.

Beginner Weight and Conditioning Class

PERSHING FIELD VETERAN'S COMMUNITY CENTER
(CENTRAL & MANHATTAN AVENUE)

Tuesdays, 6:00 p.m. - 7:00 p.m.

Advanced Weight and Conditioning Class

Wednesdays, 12:30 p.m. – 1:30 p.m.

Beginner Weight and Conditioning Class

CURRIES WOODS HOUSING COMPLEX (SENIOR ROOM)
3 NEW HECKMAN DRIVE

Thursdays, 12:00 p.m. – 1:00 p.m.

Beginner Weight and Conditioning Class



For Further Information please contact Helen at 201-920-6649.
Visit www.jerseycitynj.gov.

City of Jersey City Official Government Page

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