

JERSEY CITY DEPARTMENT OF RECREATION



**ST. PETER'S UNIVERSITY AT THE VANITELLI CENTER
SUMMER 2: JULY 10TH - AUGUST 9TH | 2018 - 2019
TUESDAY, WEDNESDAY, THURSDAY**

<p>THURSDAY</p> <p>Dance 10:30am-11:45pm</p> <p>Spinning 11:30am-12:30pm</p> <p>Senior Active 12:15pm-1:15pm</p>	<p>WEDNESDAY</p> <p>Dance 10:30am-11:45pm</p> <p>Intro to Cycle 11:30am-12:30pm</p> <p>Senior Active 12:15pm-1:15pm</p>	<p>TUESDAY</p> <p>Dance 10:30am-11:45pm</p> <p>Spinning 11:30am-12:30pm</p> <p>Senior Active 12:15pm-1:15pm</p>
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<p>INTRO TO DANCE</p> <p>Includes waltz quickstep, foxtrot, tango, salsa, cha cha, samba, and more</p>	<p>SENIOR ACTIVE</p> <p>Involves Cardio, Strength, Balance, and Flexibility</p>	<p>SPINNING</p> <p>Intro to Cycle, beginner cycling</p>
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Registration starts from July 2nd-July 15th, follow "RecDesk" log on to [HTTPS://JREC.RESK.COM](https://jrec.resk.com)

CALL: 201-547-6886 | VISIT: [HTTPS://JREC.RESK.COM](https://jrec.resk.com) | EMAIL: RECREATION@JCNJ.ORG

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JC_GOV
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THE CITY OF JERSEY CITY
MAYOR STEVEN M. FULOP
THE MUNICIPAL COUNCIL AND
THE DEPARTMENT OF RECREATION
ARTHUR J. WILLIAMS, DIRECTOR




JERSEY CITY
MAKE IT YOURS