MAYOR STEVEN M. FULOP
THE JERSEY CITY DEPT. OF HEALTH & HUMAN SERVICES
AND THE
DEPARTMENT OF RECREATION
LAUNCH

JERSEY CITY

FITNESS BOOT CAMP

MARY MCLEOD BETHUNE CENTER, 140 MARTIN LUTHER KING DRIVE
TUESDAYS & THURSDAYS, 6:00 A.M. - 7:00 A.M.

PERSHING FIELD COMMUNITY CENTER, 201 CENTRAL AVENUE
THURSDAYS, 7:00 P.M. - 8:00 P.M.

PROGRAM BEGINS SEPTEMBER 19, 2013

ONSITE ONGOING REGISTRATION
OPEN TO MALE & FEMALE ADULTS
AGES 18 AND UP

THE PROGRAM IS **FREE** OF CHARGE

Get in shape with a trainer at the City's new boot camp

Mario from *Creative Fitness Concepts*

FOR MORE INFORMATION, CALL AT 201-547-5003 OR VISIT WWW.JERSEYCITYNJ.GOV
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