

**JERSEY CITY  
RECREATION**  
PRESENT THE



2017 SPRING ADULT  
**TRAINING  
DAY**  
FITNESS PROGRAM

Instructor:  
**Sergeant  
Jose  
Malave**

Registration  
can be done online:  
<https://jcrec.recdesk.com>

**Pershing Field Community Center**  
**201 Central Avenue**  
(building is located in the center of the park)

**Monday's 7pm to 8pm**  
**Saturday's 9am to 10am**

*Training Day is a fitness program designed to use your full body during cardio workouts to maximize results. Training Day uses a combination of military style boot camps with HIIT (High Intensity Interval Training) which involves alternating between very intense bursts of exercises and into low intensity. Our classes are not repetitive and are always challenging you at all levels. Training Day is for all levels of fitness, it is a way for you to get out of your comfort zone and push you to higher levels that we know you can achieve while still having fun. Our class will help you reach that total fat burn, so come join us and get away from the same old boring routines and get into Training Day where we "Train With A Purpose".*

**For more info please call 201-547-5003 or 201-547-4392 or  
visit our JC Recreation Portal: <https://jcrec.recdesk.com>  
Email us at [recreation@jcnj.org](mailto:recreation@jcnj.org) or visit our website: [jerseycitynj.gov](http://jerseycitynj.gov)**



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

