

William V. Musto Cultural Center
420 - 15th Street Union City, NJ
201-348-2313

Adults & Seniors

FREE PROGRAMS

CERAMICS CLASS

Monday - Thursday

8:00 AM - 1:00 PM

Requires Registration



MEALS ON WHEELS

Monday - Friday

8:00 AM - 1:00 PM

Requires Registration



AERÓBIC

Mondays, Wednesdays, & Fridays

1:00 PM - 2:00 PM



CHAIR YOGA

Tuesdays & Thursdays

1:00 PM - 2:00 PM

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PROGRAMAS GRATIS

TAI CHI/QIGONG

Tuesday

2:15 PM - 3:15 PM



VINYASA YOGA

Thursday

7:15 PM - 8:15 PM

Friday

6:30 PM - 7:30 PM

Saturday

9:30 AM - 10:30 AM



HOLISTIC PROGRAM

1st Saturday of the Month

2:00 PM - 8:00 PM

COMMUNITY CIRCLE

1st Sunday of the Month

2:00 PM - 5:00 PM

