

William V. Musto Cultural Center | 420 - 15th Street Union City, NJ

201-348-2313

Adults & Seniors

FREE PROGRAMS

CERAMICS FOR SENIORS

Monday - Thursday

8:00 AM - 1:00 PM

Registration Required

MEALS ON WHEELS FOR SENIORS

Monday - Friday

8:00 AM - 1:00 PM

Registration Required

AEROBICS FOR SENIORS

Monday, Wednesday, Friday

1:00 PM - 2:00 PM

CHAIR YOGA FOR SENIORS

Tuesday & Thursday

1:00 PM - 2:00 PM

SELF DEFENSE/ WING CHUN

Monday

7:15 PM - 8:15 PM



Adults & Seniors

FREE PROGRAMS (CONTINUED)

TAI CHI/QIGONG

Tuesday

2:15 PM - 3:15 PM

SELF EMPOWERMENT WORKSHOP

Wednesday

6:00 PM - 9:00 PM

FULL IMPACT ZUMBA

Thursday

6:00 PM - 7:00 PM

Saturday

10:45 AM - 11:45 AM

VINYASA YOGA

Thursday

7:15 PM - 8:15 PM

Friday

6:30 PM - 7:30 PM

Saturday

9:30 AM - 10:30 AM



Adults & Seniors

FREE PROGRAMS (CONTINUED)

BILINGUAL ACTING CLASS

Saturday

12:00 PM - 4:00 PM

HOLISTIC WORKSHOP

1st Saturday of each month

2:00 PM - 8:00 PM

TOASTMASTERS INTERNATIONAL "UNION CITY CLUB"

Tuesday

7:00 PM - 9:00 PM

Herald Speaker's Bureau

2nd Saturday of each month

9:00 AM - 11:00 AM

LITERARY BREAKFAST

2nd Saturday of each month

10:00 AM - 11:30 AM

RESTORATIVE YOGA & MEDITATION

Sunday

11:00 AM - 12:00 PM



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Adultos y

Personas de la tercera edad

PROGRAMAS GRATIS

CLASES DE CERAMICA

Lunes - Jueves

8:00 AM - 1:00 PM

Se requiere registro

MEALS ON WHEELS

Lunes - Viernes

8:00 AM - 1:00 PM

Se requiere registro

AERÓBICOS

Lunes, Miércoles, Viernes

1:00 PM - 2:00 PM

YOGA DE SILLA

Martes & Jueves

1:00 PM - 2:00 PM

DEFENSA PROPIA/ WING CHUN

Lunes

7:15 PM - 8:15 PM



Adultos y

Personas de la tercera edad

PROGRAMAS GRATIS

TAI CHI/QIGONG

Martes

2:15 PM - 3:15 PM

TALLER DE AUTOEMPODERAMIENTO

Miércoles

6:00 PM - 9:00 PM

ZUMBA DE IMPACTO COMPLETO

Jueves

6:00 PM - 7:00 PM

Sábado

10:45 AM - 11:45 AM

VINYASA YOGA

Jueves

7:15 PM - 8:15 PM

Viernes

6:30 PM - 7:30 PM

Sábado

9:30 AM - 10:30 AM



Adultos y

Personas de la tercera edad

PROGRAMAS GRATIS

CLASE DE ACTUACIÓN BILINGUE

Sábado

12:00 PM - 4:00 PM

TALLER HOLÍSTICO

1er sábado de cada mes

2:00 PM - 8:00 PM

TOASTMASTERS INTERNATIONAL "UNION CITY CLUB"

Martes

7:00 PM - 9:00 PM

Herald Speaker's Bureau

2do sábado de cada mes

9:00 AM - 11:00 AM

DESAYUNO LITERARIO

2do sábado de cada mes

10:00 AM - 11:30 AM

YOGA RESTAURATIVO & MEDITACIÓN

Domingo

11:00 AM - 12:00 PM



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