



# Mayor Brian P. Stack & Board of Commissioners

## UNION CITY HEALTH & WELLNESS FREE PROGRAMS



### **GENTLE MOVEMENTS 21+** **Classes Start July 6, 2026**

**Mondays @ 6:00 PM**

William V. Musto Cultural Center  
420-15 Street

FREE – Registration not required

### **AEROBICS FOR SENIORS 55+** **Mondays & Wednesdays @ 1:00 PM**

**Fridays @ 12:00 PM**

William V. Musto Cultural Center  
420-15 Street

FREE – Registration required

### **CHAIR YOGA**

**Tuesdays & Thursdays @ 1:00 PM**

William V. Musto Cultural Center  
420-15 Street

FREE – Registration not required

### **TAI CHI**

**Wednesdays @ 6:00 PM**

William V. Musto Cultural Center  
420-15 Street

FREE – Registration not required

### **VINYASA YOGA** **JUNE - AUGUST**

**Thursdays 7:15 PM • Fridays 6:30 PM**

**Saturdays 9:30 AM**

Ellsworth Park

24th Street & New York Avenue

FREE – Registration not required

### **ZUMBA AT JOSE MARTI STEM ACADEMY**

**Mondays & Wednesdays @ 6:15 PM**

Jose Marti STEM Academy  
1800 Summit Ave.

FREE – Registration not required

### **RELAX WITH ADAM**

**Mindful Meditation and Self-Healing**

**Mondays & Thursdays**

**10:30 AM -12:30 PM**

William V. Musto Cultural Center • 420-15 Street

FREE – REGISTRATION IS REQUIRED

### **HOLISTIC EVENT IN UNION CITY**

**1st Saturday of the month**

William V. Musto Cultural Center • 420-15 Street

DIRECTOR: Yasmin Perez 201-478-1669

yasminperez0921@gmail.com

REGISTRATION IS REQUIRED-CALL TO

RESERVE SPACE

### **COMMUNITY CIRCLE**

**Meditation and Inspiration**

**Sunday, July 12, 2026**

**2:00 PM - 5:00 PM**

**Sunday, August 9, 2026**

**2:00 PM - 5:00 PM**

William V. Musto Cultural Center • 420-15 Street

FREE – Registration not required

### **CERAMICS PAINTING WORKSHOP FOR SENIORS 60+**

**Monday - Thursday 8:30 AM-1:00 PM**

William V. Musto Cultural Center • 420-15 Street

Palisade Plaza • 3700 Palisade Ave.

FREE – REGISTRATION IS REQUIRED

### **CERAMICS PAINTING WORKSHOP FOR ADULTS & SENIORS**

**Wednesday & Thursday Nights**

**6:00 PM - 8:00 PM**



William V. Musto Cultural Center • 420-15 Street

FREE – REGISTRATION IS REQUIRED

### **ADULT/SENIOR LAP SWIM**

**Monday - Saturday**

Bruce Walter Recreation Center • 507 West Street

Ron Dario Pool • 219 47th Street

For up-to-date schedules, please visit  
[www.ucnj.com/Departments/recreation](http://www.ucnj.com/Departments/recreation)

201-392-3696 or 201-867-4496.

**For up-to-date information, please  
scan the QR Code**

