

# Exercise, Wellness and Fitness Programs

Beginning January, 2016 the Recreation & Parks Dept will be offering an Adult Fitness Punch Card. This card is accepted at any of the classes listed below and only costs \$20 for 16 classes. The card expires 90 days after purchase. To purchase your card please come by the Commons Recreation Complex or call 910 938-5312.

## Fitness Class Punch Card



Recreation & Parks  
910 938-5312

Card is only valid for classes offered by Adult Services

\*No refunds for lost cards\*



### Strength Training Group

**Date:** Tuesdays & Thursdays

**Time:** 8AM-9AM

**Location:** 100 Recreation Lane

**Cost:** Fitness Punch Card

Looking to strengthen your entire body? This class is for you! This strengthening workout challenges all of your major muscle groups using the best in weight room exercises like squats, presses, lifts and curls.



### Midday Workout

**Date:** Mon, Wed and Fri

**Time:** 12:15-12:45PM

**Location:** 804 New Bridge St.

**Cost:** Fitness Punch Card



### Adult Fitness Class

**Date:** Mon, Wed, and Fri

**Time:** 7:30AM-8:30AM & 8:45AM-9:45AM

**Location:** 100 Recreation Lane

**Cost:** Fitness Punch Card



## City of Jacksonville

### Recreation & Parks

100 Recreation Lane

910 938-5312

[www.jacksonvillenc.gov](http://www.jacksonvillenc.gov)



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