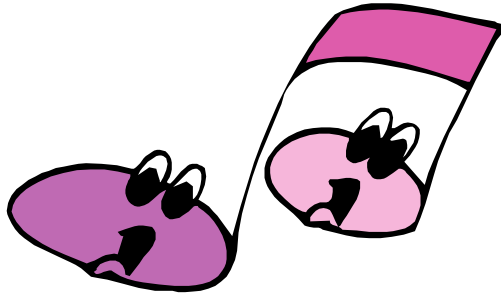




**RECREATION AND
CULTURAL
AFFAIRS,**

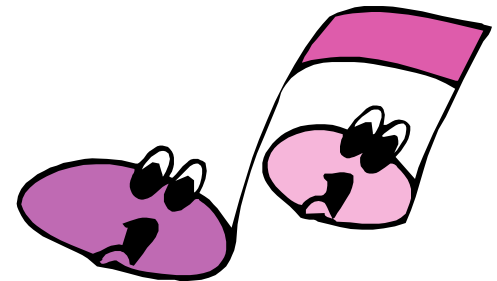
**MAKING A
DIFFERENCE IN THE
LIVES OF
NEWARK'S
RESIDENTS.....**

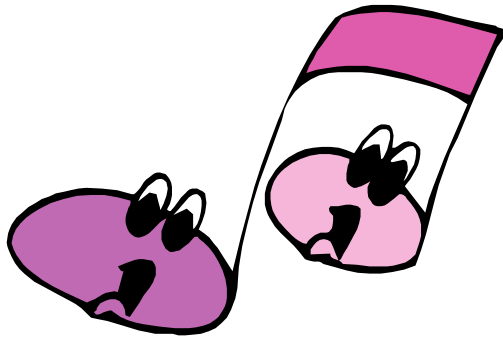


Since I started the PowerZone fitness exercise classes in November 2007, it has been an amazing journey! The instructors are amazing and they teach you how to work out all the parts of your body!

Kim

I have lost 19 pounds working out with the PowerZone crew! Working out at JFK helps me to relieve stress, build up my self-esteem, gives me energy and improves my ability to relax! Hurray for the Power Zone crew!!



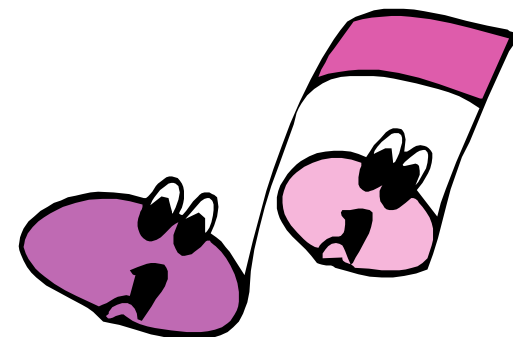


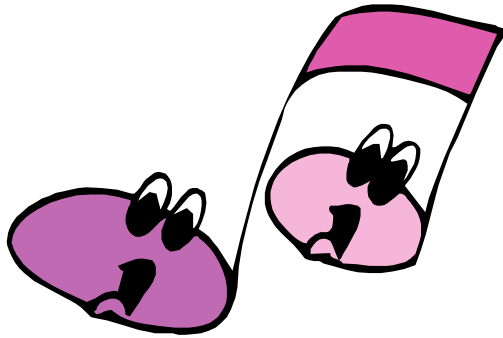
As a faithful member of the PowerZone Fitness Program, I can give first hand testimony of the value of the program run at JFK. Robert McGrady, Executive Dir. of Power Zone, encourages excellence in delivering the health curriculum.

--Naimie

In two months, I have lost 10 pounds. But most importantly, the JFK Fitness Program is instrumental in helping me maintain a healthful way of life.

----- Jan



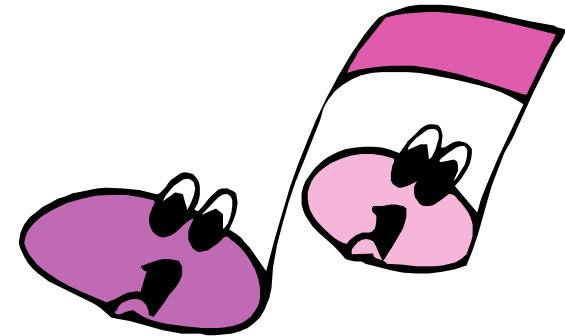


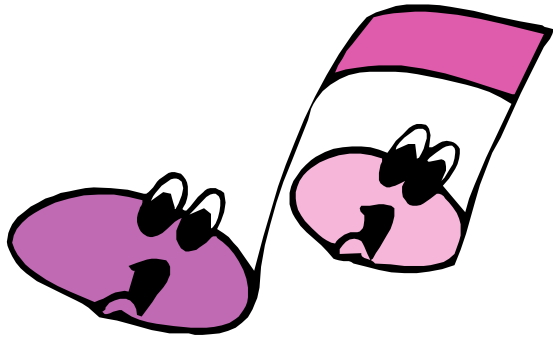
I just wanted to give you and all of the instructors of the fitness classes at JFK a SHOUT OUT of gratitude! After undergoing surgery, this program has really helped speed up the recuperation period. Robert, you and Chaz are GREAT motivational and FUN instructors!

-----Carla

JFK is an excellent community resource. I appreciate sharing information about programs at JFK with co-workers and friends. While many of the programs are focused on the children, it is great to have programs such as PowerZone Fitness available to the adults.

-----Emmy



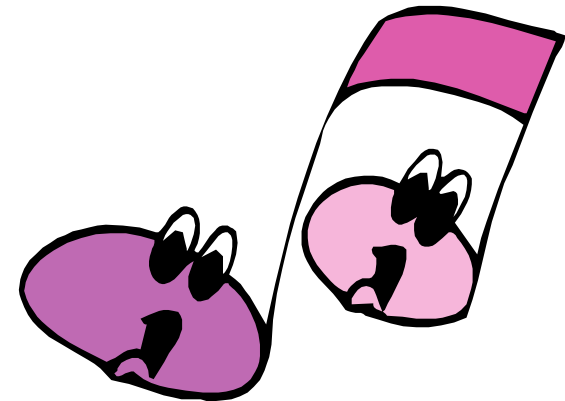


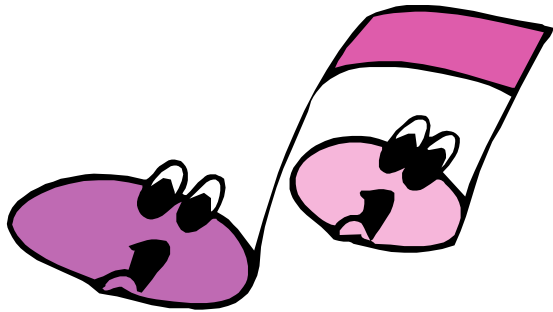
To Mayor Booker and the team players in Recreation/Cultural Affairs you are doing a wonderful thing by giving the citizens an opportunity to get healthy, and get out and socialize with others in a safe and secure environment at JFK Recreation Center.

-----Alice

The PowerZone team at the JFK Center has made a great impact on my life. After a serious health condition was diagnosed, I knew that I needed to get a handle on some areas in my life. Increase my mobility and change my eating habits. Since starting the program in November 2007, I have lost 23 pounds and met a bunch of new friends! Kudos to the City of Newark –

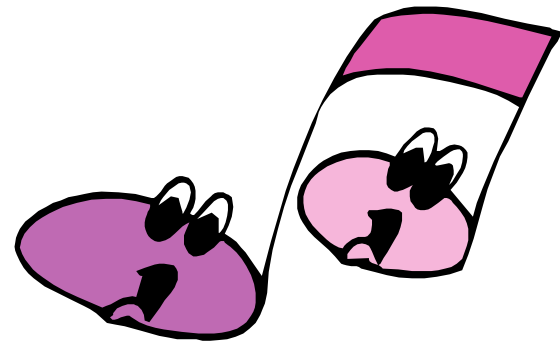
-----Yolanda

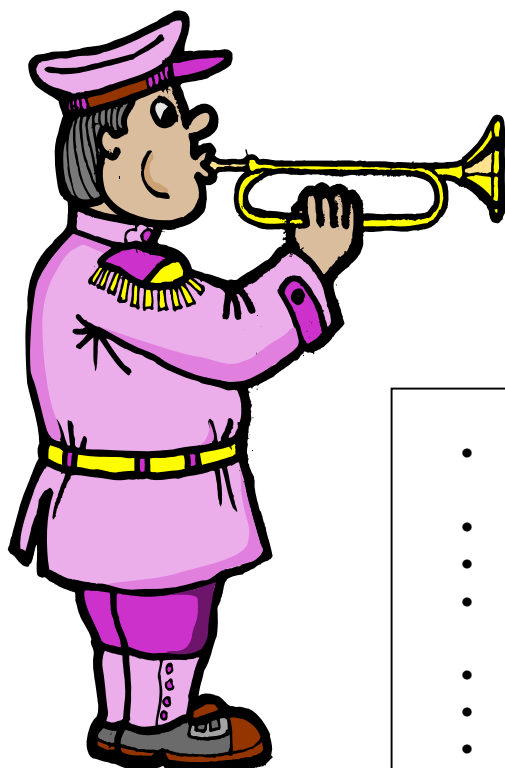




Thanks to the City of Newark for recognizing that the citizens need to have programs geared towards improving their health and well-being. I could go on and on about how PowerZone has empowered me to take an active role in improving the quality of life for me and my daughter. My family has seen the results of the programming at JFK and now they are members too. Keep up the good work!

Rob, you're the best! Keep
doing what you do!
----- Gwen





COME AND JOIN US AT YOUR
NEIGHBORHOOD **RECREATION SITE**

- **Boylan**- Boylan Street Recreation Center - 916 South Orange Avenue, (973)-733-8947
- **Camp Watershed**- 223 Echo Lake Road, West Milford, NJ (973) 697-9018
- **JFK- John F. Kennedy Aquatics** 211 West Kinney Street, 973-733-6550
- **JFK- John F. Kennedy Recreation Center**- 211 West Kinney Street, 973-733-5483 (gym)
- **Hayes West**- Hayes West Recreation Center: 179 Boyd Street, (973) 733-3959
- **Ironbound- Ironbound Aquatics** -226 Rome Street, 973-733-5838 (pool)
- **Ironbound- Ironbound Recreation Centers**- 226 Rome Street, 973-733-3707 (gym)
- **Ivy Hill Park**- Mt. Vernon Place & Tuxedo Parkway
- **Jesse Allen Park**- 41-57 Avon Avenue
- **Rotunda**- Rotunda Recreation Center- 75 Clifton Avenue, 973-733-3677
- **St. Peter's**- St. Peter's Recreation Center- 378 Lyons Avenue, 973-733-8006
- **Weequahic Park**- between Keer & Elizabeth Avenues

AND, BE A PART OF THE EXCITEMENT!