

# Borough of Prospect Park

## Recreation

John R. Kerr, Recreation Director Ext 516  
kerrj@prospectpark.net

Borough of Prospect Park  
106 Brown Avenue  
Prospect Park, NJ 07508  
973-790-7902  
www.prospectpark.net



Prospect Park Families  
Please Join Us For



# Family Fun and Fit Wellness Boot Camp In the Park

Sunday Mornings 9:00 AM-10:00 AM

Starting June 5, 2016 at Hofstra Park

June 5, 12, 19, 26; July 3, 10, 17, 24, 31; August 7, 14, 21

**A 12 week program that will include all the basic aspects of a total body training for the entire family.**

**This program will utilize the existing equipment in Hofstra Park's playground area. We will keep the fun and fitness flowing for participants of all activity levels.**

**FREE to all participants.**



For more information please call  
John Kerr, Recreation Director at (973) 790-7902 Ext. 516  
Email: kerrj@prospectpark.net