

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2015

Recreational Services

www.wpunj.edu/reccenter
973.720.2777



TRICK OR TREAT

<p>1</p> <p>WPUNJ Volleyball vs. Purchase 7pm</p> <p>WP</p> <p>Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm</p>	<p>2</p> <p>Friday Nite at the Rec</p> <p>Power to the Pioneers Bubble Soccer DJ Nix & Free Food 10:00pm-1:00am Home Run Contest 12 noon @ the Softball Field</p>	<p>3</p> <p>WPUNJ Volleyball vs. York 11am WPUNJ Volleyball vs. Mt Saint Mary 3pm</p>	<p>4</p> <p>Get The Hike Outta Here! High Mountain Preserve 10:00am-2:30pm</p> <p>Power Yoga @ OFC 7:30pm-8:30pm FREE</p>	<p>5</p> <p>Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm</p>	<p>6</p> <p>Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm</p>	<p>7</p> <p>Indoor Cycling @ OFC 8:30am-9:30am Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	<p>8</p> <p>Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm</p>	<p>9</p> <p>OPEN LATE</p> <p>After Hours @ the Rec Open Until 12 Midnight Drinks & Snacks</p>	<p>10</p> <p>imleagues</p> <p>Get updated information: Register on imleagues.com and download the REC*IT app</p>	<p>11</p> <p>Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm</p> <p>IM Volleyball Entries Due IM Volleyball Captain's Mtg 7:30pm</p> <p>Columbus Day University Open</p>	<p>12</p> <p>Indoor Cycling @ OFC 8:30am-9:30am Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	<p>13</p> <p>Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm</p>	<p>14</p> <p>Indoor Cycling @ OFC 8:30am-9:30am Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	<p>15</p> <p>WPUNJ Volleyball vs. Rowan 7pm</p> <p>Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm</p>	<p>16</p> <p>OPEN LATE</p> <p>After Hours @ the Rec Open Until 12 Midnight Drinks & Snacks IM Dodgeball Entries Due</p>	<p>17</p> <p>Get The Hike Outta Here! Weird NJ Hike 10:00am-2:30pm</p>	<p>18</p> <p>JOIN TODAY</p> <p>Power Yoga @ OFC 7:30pm-8:30pm FREE</p>	<p>19</p> <p>Adult CPR 1:00pm-4:00pm IM Dodgeball Captain's Mtg 7:30pm</p> <p>Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm</p>	<p>20</p> <p>Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm</p> <p>Breast Cancer Walk 12:30-1:30pm Zanfino Plaza</p> <p>WPUNJ Volleyball vs. Montclair 7pm</p>	<p>21</p> <p>Indoor Cycling @ OFC 8:30am-9:30am Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	<p>22</p> <p>WPUNJ Volleyball vs. Farmingdale 7pm</p> <p>Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm</p>	<p>23</p> <p>OPEN LATE</p> <p>After Hours @ the Rec Open Until 12 Midnight Drinks & Snacks</p>	<p>24</p> <p>Adult CPR/AED First Aid Training 9:30am-3:30pm</p>	<p>25</p> <p>Indoor Cycling @ OFC 8:30am-9:30am Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	<p>26</p> <p>Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm</p> <p>Midnight Madness 10pm-2am</p> <p>WPUNJ Volleyball vs. Staten Island 7pm</p>	<p>27</p> <p>OPEN LATE</p> <p>After Hours @ the Rec Open Until 12 Midnight Drinks & Snacks</p>	<p>28</p> <p>Adult CPR/AED First Aid Training 9:30am-3:30pm</p>	<p>29</p> <p>Power Yoga @ OFC 7:30pm-8:30pm FREE</p>	<p>30</p> <p>Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm</p>	<p>31</p> <p>Open Rec Swim Canceled 7:30pm-10:00pm</p> <p>Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm</p>	<p>30</p> <p>Indoor Cycling @ OFC 8:30am-9:30am Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	<p>31</p> <p>Happy Halloween</p>
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REC CENTER HOURS

Monday - Friday
7:00am - 11:00pm
Saturday - Sunday
9:00am - 9:00pm

OVERLOOK FITNESS CENTER

Mon.-Fri. 7am-11pm
Sat.- 9am-9pm
Sun.- 11am-11pm

OPEN REC SWIM

Mon-Fri 11am-2pm
Mon-Thurs 7:30pm-10pm
Sat-Sun 12pm-4pm



@WPrec

