

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2016

Recreational Services

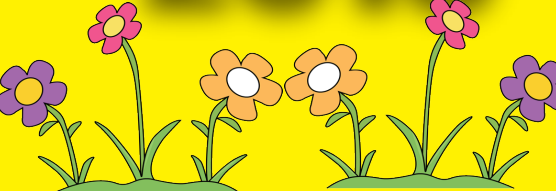
   @WPRec
973.720.2777


www.wpunj.edu/reccenter/



Friday Nite at the Rec **1**
 Free Food 10:00pm-1:00am
 30th Annual Best Bench Prelims Begin

2





3

 Get The Hike Outta Here!
 10:00am-2:30pm
 Power Yoga @ OFC
 7:30pm-8:30pm


4
 Conditioning & Self Defense @ OFC
 3:45pm-4:45pm
 Yoga @ The Rec 7:30pm-8:30pm
 NCAA Final Four Championship
 9:00pm
 Free Food & Prizes

5
 Yoga @ The Rec
 5:00pm-6:00pm

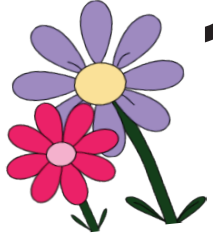
6
 Kickboxing @ OFC
 3:45pm-4:45pm
 Yoga @ OFC
 5:00pm-6:00pm

7

 Zumba @ OFC
 5:00pm-6:00pm

8


9

 Adult CPR/AED
 First Aid
 9:30am-2:30pm


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

10

 Power Yoga @ OFC
 7:30pm-8:30pm

11
 Conditioning & Self Defense @ OFC
 3:45pm-4:45pm
 Yoga @ The Rec
 7:30pm-8:30pm

12
 Yoga @ The Rec
 5:00pm-6:00pm

13
 Kickboxing @ OFC
 3:45pm-4:45pm
 Yoga @ OFC
 5:00pm-6:00pm

14

 Zumba @ OFC
 5:00pm-6:00pm

15
 Best Bench Prelims End
 Adult CPR/AED
 1:00pm-4:00pm
 LGT Recertification
 6:00am-10:30pm
 CPR/AED for the Prof. Review
 6:00pm-10:00pm


16

 LGT Recertification
 9:30am-5:30pm

Overlook Fitness Center
 Mon.-Fri. 7:00am-11:00pm
 Saturday 9:00am-9:00pm
 Sunday 11:00am-11:00pm

17
 Waterfront Lifeguard
 9:30-4:30
 Power Yoga @ OFC
 7:30pm-8:30pm
 Entries due for
 2 on 2 Beach Volleyball


18
 Download
REC IT
 for IM Schedules & Fitness Classes

19



20
 Meet Us At The Net
 12:30 Zanfino Plaza
 Free Food & Prizes
 2 on 2 Beach Volleyball
 7:00pm on the
 Outdoor Volleyball Court

21

 Earth Day

22

 Get The Hike Outta Here!
 Annual Clean Up Hike
 10:00am-2:30pm

Open Rec Swim
Wightman Gym Pool
 Mon.-Fri. 11am-2pm
 Tues. & Thurs. 5pm-7:30pm
 Mon.-Thurs. 7:30pm-10pm
 Sat.-Sun. 12pm-4pm

23
 Power Yoga @ OFC
 7:30pm-8:30pm



24



25
 Tennis Singles Tournament
 4:00pm @ the Tennis Courts

26

27

 30th Annual Best Bench Competition
 12:30

28

 7:00pm-11:00pm
 Zanfino Plaza

29

 Adult CPR/AED
 9:30am-12:30pm
SPRING JAM

30
 Friday Nite at the Rec
 De-Stress Night
 May 6, 2016
 10:00pm-1:00am
 Yoga
 Chair Massages
 Free Food