

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2016

Recreational Services

973.720.2777
www.wpunj.edu/reccenter



TRICK OR TREAT

imleagues
Get updated information:
Register on imleagues.com
and download the REC*IT app

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



2 Get The Hike Outta Here! Paterson Great Falls 10:00am-2:30pm Entries due for IM Volleyball & Lacrosse Power Yoga @ OFC 7:30pm-8:30pm FREE	3  IM Volleyball Team Meeting 6:30pm @ the Rec Yoga @ The Rec 7:30pm-8:30pm	4 Outdoor Lacrosse Tournament 7:30pm @ the Soccer Field WPUNJ Volleyball vs. Stockton 7pm Yoga @ The Rec 5:15pm-6:15pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm	5 Kickboxing @ OFC 3:45pm-4:45pm Soul Spin @ OFC 5:15pm-6:15pm	6 Breast Cancer Walk 12:30-1:30pm Zanfino Plaza Zumba @ OFC 6:00pm-7:00pm Core n' More @ The Rec 8:15pm-9:15pm	7 Friday Nite at the Rec Bubble Soccer DJ Nix & Free Food 10:00pm-1:00am	8 WPUNJ Volleyball vs. John Jay 11am WPUNJ Volleyball vs. Cedar Crest College 3pm Open Rec Swim Canceled
9  Power Yoga @ OFC 7:30pm-8:30pm FREE	10 Adult CPR/AED 1:00pm-4:00pm Yoga @ The Rec 7:30pm-8:30pm Columbus Day University Open	11 WPUNJ Volleyball vs. Farmingdale 7pm Yoga @ The Rec 5:15pm-6:15pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm	12 Kickboxing @ OFC 3:45pm-4:45pm Soul Spin @ OFC 5:15pm-6:15pm	13 Zumba @ OFC 6:00pm-7:00pm Core n' More @ The Rec 8:15pm-9:15pm	14 	15 +
16 JOIN TODAY Power Yoga @ OFC 7:30pm-8:30pm FREE	17 Yoga @ The Rec 7:30pm-8:30pm	18 WPUNJ Volleyball vs. Rutgers Newark 7pm Breast Cancer Walk Rain Date Yoga @ The Rec 5:15pm-6:15pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm	19 Kickboxing @ OFC 3:45pm-4:45pm Soul Spin @ OFC 5:15pm-6:15pm	20 Zumba @ OFC 6:00pm-7:00pm Core n' More @ The Rec 8:15pm-9:15pm	21 	22 Adult CPR/AED First Aid Training 9:30am-3:00pm Open Rec Swim Canceled Get The Hike Outta Here! High Mountain Preserve 10:00am-2:30pm
23 Power Yoga @ OFC 7:30pm-8:30pm FREE Entries due for Dodgeball	24 Yoga @ The Rec 7:30pm-8:30pm HAPPY HALLOWEEN!	25 Yoga @ The Rec 5:15pm-6:15pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm	26  Midnight Madness 10pm-2am Kickboxing @ OFC 3:45pm-4:45pm Soul Spin @ OFC 5:15pm-6:15pm	27 WPUNJ Volleyball vs. New Rochelle 7pm Zumba @ OFC 6:00pm-7:00pm Core n' More @ The Rec 8:15pm-9:15pm	28 	29