

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Overlook Fitness Center
 Mon.-Fri. 7:00am-11:00pm
 Saturday 9:00am-9:00pm
 Sunday 11:00am-11:00pm
 *WPUNJ Student ID Required

Recreational Services
 973.720.2777
 www.wpunj.edu/reccenter

1
 Kickboxing @ OFC 3:45pm-4:45pm
 Zumba @ OFC 6:00pm-7:00pm
Overlook Fitness Center Open House
 9:30am-1:30pm
WPUNJ Basketball
 Women 6:00pm
 Men 8:00pm

2

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

3
 Soul Spin @ OFC 12:45pm-1:45pm

4

FREE FOOD
SUPER BOWL SPECTACULAR
 6:12pm
 Power Yoga @ OFC 7:30pm-8:30pm

5
 Conditioning & Self Defense @ OFC 3:45pm-4:45pm
 Zumba @ The Rec 8:00pm-9:00pm

6

 Yoga @ The Rec 5:15pm-6:15pm
 Zumba @ OFC 8:00pm-9:00pm

7
 Kickboxing @ OFC 3:45pm-4:45pm
 Zumba @ OFC 6:00pm-7:00pm
WPUNJ Basketball
 Men 6:00pm
 Women 8:00pm

8

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

9
 Soul Spin @ OFC 12:45pm-1:45pm

10
Adult Swim Lessons
 Begin in March
 Register @ The Rec

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

12
 Power Yoga @ OFC 7:30pm-8:30pm

13
Adult CPR/AED 9:30am-12:30pm
 Conditioning & Self Defense @ OFC 3:45pm-4:45pm
 Zumba @ The Rec 8:00pm-9:00pm

14

Valentine's Day
 Yoga @ The Rec 5:15pm-6:15pm
 Zumba @ OFC 8:00pm-9:00pm

15
WPUNJ Basketball
 Women 6:00pm
 Men 8:00pm
 Kickboxing @ OFC 3:45pm-4:45pm
 Zumba @ OFC 6:00pm-7:00pm

16

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

17
 Soul Spin @ OFC 12:45pm-1:45pm

18

 Get The Hike Outta Here!
 Home of FDR Hyde Park, NY 10:00am-4:30pm

19
Open Rec Swim
Wightman Gym Pool
 Mon.-Fri. 11am-2pm
 Mon.-Thurs. 7:30pm-10pm
 Sat.-Sun. 12pm-4pm

20
Floor Hockey Captain's Meeting 6:00pm @ The Rec
 Entries due for Floor Hockey
 Power Yoga @ OFC 7:30pm-8:30pm

21
President's Day
 Classes cancelled
 All Fitness Classes Cancelled
 Open Rec Swm Cancelled

22
 Yoga @ The Rec 5:15pm-6:15pm
 Zumba @ OFC 8:00pm-9:00pm

23
Ping Pong Tournament 6:00pm @ The Rec
 Kickboxing @ OFC 3:45pm-4:45pm
 Zumba @ OFC 6:00pm-7:00pm

24

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

25
 Soul Spin @ OFC 12:45pm-1:45pm

26

27

 Become a Lifeguard Register Now
Lifeguard Training & Water Safety Instructor Classes
 begin in March
 Sign up @ The Rec

28
JOIN TODAY
 Power Yoga @ OFC 7:30pm-8:30pm

29
 Conditioning & Self Defense @ OFC 3:45pm-4:45pm
 Zumba @ The Rec 8:00pm-9:00pm

30
 Yoga @ The Rec 5:15pm-6:15pm
 Zumba @ OFC 8:00pm-9:00pm

We Want YOU!
February 2017

 @WPrec

31