

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2016

Recreational Services

www.wpunj.edu/reccenter

973-720-2777

Save The Date

Breast Cancer Walk

Thursday, October 6

12:30 pm

Zanfino Plaza



Rec Center

Monday-Friday

7:00am-11:00pm

Saturday-Sunday

9:00am-9:00pm

WPUNJ ID Required

Overlook Fitness Center

Mon.-Fri. 7am-11pm

Sat. - 9am-9pm

Sun. - 11am-11pm

WPUNJ Student ID Required

Open Rec Swim

Wightman Gym Pool

Mon.-Fri. 11am-2pm

Mon.-Thurs. 7:30pm-10pm

Sat.-Sun. 12pm-4pm

Back to School



1

Open Rec Swim Begins Today

Regular Hours Begin



2

Laser Tag
Free Food & Prizes
10:00pm-1:00am

CPR/AED & First Aid
9:30am-3:30pm

3



4

Get The Hike Outta Here!
High Mountain Preserve
11:00am-3:00pm



Pool Closed
11am-2pm

Welcome Back Splash
Wightman Gym Pool
8:00pm-10:00pm

Labor Day

5



@WPrec

Yoga @ The Rec
5:15pm-6:15pm

6

Kickboxing @ OFC
3:45pm-4:45pm
Soul Spin @ OFC
5:15pm-6:15pm

7



8

WPUNJ Volleyball vs.
St. Joseph's College
7:00pm

Zumba @ OFC
6:00pm-7:00pm

9



10

WPUNJ Volleyball vs.
Mount Saint Vincent
12:00pm

11

Entries due for
Flag Football

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

12

Yoga @ The Rec
7:30pm-8:30pm

Flag Football
Captain's Mtg
6:30pm @ the Rec



13

WPUNJ Volleyball vs.
Kean University
7:00pm

Yoga @ The Rec
5:15pm-6:15pm
Conditioning &
Self Defense @ OFC
6:00pm-7:00pm

14

Kickboxing @ OFC
3:45pm-4:45pm
Soul Spin @ OFC
5:15pm-6:15pm



15

Jammin' w/the Rec
Zanfino Plaza
12:30pm
Free Food & Stuff

Zumba @ OFC
6:00pm-7:00pm

16

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



17

Stand Up Paddling
Monksville Reservoir
10:00am-1:30pm

18

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

Get The Hike Outta Here!
Ice Cream Hike, Bellvale, NY
10:00am-2:30pm

Entries due for
Outdoor Soccer
Doubles Tennis

19

Yoga @ The Rec
7:30pm-8:30pm

Adult Swim Lessons
Begin

Outdoor Soccer
Captain's Mtg
6:30pm @ the Rec

Doubles Tennis
Tournament
5:30pm @ the
Tennis Courts

20

Yoga @ The Rec
5:15pm-6:15pm
Conditioning &
Self Defense @ OFC
6:00pm-7:00pm

21

Kickboxing @ OFC
3:45pm-4:45pm
Soul Spin @ OFC
5:15pm-6:15pm



22

WPUNJ Volleyball vs.
Rutgers Camden
7:00pm

Zumba @ OFC
6:00pm-7:00pm



23

Kayaking Basics
Monksville Reservoir
2:00pm-5:30pm

24

25

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

26

Yoga @ The Rec
7:30pm-8:30pm

27

Yoga @ The Rec
5:15pm-6:15pm
Conditioning &
Self Defense @ OFC
6:00pm-7:00pm

28

Kickboxing @ OFC
3:45pm-4:45pm
Soul Spin @ OFC
5:15pm-6:15pm



29

WPUNJ Volleyball vs.
Baruch College
7:00pm

Zumba @ OFC
6:00pm-7:00pm

Entries due for
Home Run Contest

30

Homerun Contest
12 noon @ the
Softball Field