Recreat **Ef @WPRec** 973,720,2777 www.wpunj.edu/reccenter/

Monday



Wednesday

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Saturday

Get The Hike Outta Here! Mystery Hike 10:00am-2:30pm



NCAA Final Four Championship 9:00pm **Free Food & Prizes**

> Conditioning & **Self Defense** @ OFC 3:45pm-4:45pm Zumba @ The Red 8:00pm-9:00pm Free For Student

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

Tuesday

Kickboxing @ OFC 3:45pm-4:45pm Zumba @ OFC 6:00pm-7:00pm

ZVMBA

Zumba @ The Rec 5:00pm-6:00pm **Free For Students**

Thursday

ReC Unity In The Community

Friday

10:00pm-1:00am 31st Annual Best Bench **Prelims Begin**

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

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POOL CLOSED

Monday-Friday 7:00am-11:00pm

Saturday-Sunday

9

Water Safety Instructor 10:00am-6:00pm

Yoga @ OFC

7:30pm-8:30pm

Free

Sunday

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

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Download

Self Defense @ OFC 3:45pm-4:45pm Zumba @ The Re 8:00pm-9:00pm **Free For Students**

Conditioning &

Cornhole Tournament 5:00pm @ the Rec Center

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

> > 18

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Kickboxing @ OFC 3:45pm-4:45pm Zumba @ OFC 6:00pm-7:00pm

Meet Us At The Net 12:30 Zanfino Plaza Free Food & Prizes

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

> > 20

Rec Center & Overlook open 7am-11pm

Adult CPR/AED

1:00am-4:00pm

CPR/AED for the

Prof. Rescuer

6:00pm-10:00pm

31st Annual Best Bench

LGT Recertification

6:00pm-10:30pm

Prelims End

POOL CLOSED

open 9am-3pm

Rec Center & Overlook Adult CPR/AED

9:30am-12:30pm First Aid 12:15pm-3:00pm

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

LGT Recertification 9:30am-5:30pm

9:00am-9:00pm



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

Open Rec Swim Wightman Gym Pool

Mon.-Fri. 11am-2pm Tues. & Thurs. 5pm-7:30pm Mon.-Thurs. 7:30pm-10pm Sat.-Sun. 12pm-4pm

Rec Center Open 5pm-9pm **Overlook Closed**

POOL CLOSED

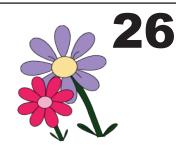
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for IM Schedules & Fitness Classes

Tennis Singles Tournament :00pm @ the Tennis Courts

2 on 2 Beach Volleyball 5:00pm on the Outdoor Volleyball Court





12:00

Spring

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Friday Nite*

De-Stress Night 10:00pm-1:00am

Chair Massages Free Food

