Sunday **Monday Tuesday** Wednesday **Thursday Friday Saturday** Friday Nite REFER Dat the KeC 🧥 Free Food Market Week and the second of **30th Annual Best Bench Prelims Begin** www.wpunj.edu/reccenter/ 973.720.2777 9 Conditioning & 6 **Self Defense** @ OFC Monday-Friday 3:45pm-4:45pm ZVMBA Yoga @ The Rec Adult CPR/AED 7:00am-11:00pm **Get The Hike Outta Here!** Zumba @ OFC First Aid Kickboxing @ OFC 10:00am-2:30pm Yoga @ The Rec 5:00pm-6:00pm **NCAA Final Four** 3:45pm-4:45pm Saturday-Sunday 9:30am-2:30pm 5:00pm-6:00pm Championship Yoga @ OFC Power Yoga @ OFC 5:00pm-6:00pm 9:00pm 9:00am-9:00pm 7:30pm-8:30pm **Free Food & Prizes Best Bench** 16 13 **Prelims End** Adult CPR/AED ZVMBA 1:00pm-4:00pm Conditioning &



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

Waterfront Lifeguard

9:30-4:30

Power Yoga @ OFC

7:30pm-8:30pm

Entries due for

2 on 2 Beach Volleyball

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

**Download** 

**Self Defense** 

@ OFC

3:45pm-4:45pm

19

Yoga @ The Rec

5:00pm-6:00pm

Kickboxing @ OFC

3:45pm-4:45pm

Yoga @ OFC

5:00pm-6:00pm

**20** 

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

Zumba @ OFC

5:00pm-6:00pm

2 on 2 Beach Volleyball 7:00pm on the **Outdoor Volleyball Court** 

6:00am-10:30pm **CPR/AED for the Prof.** Review 6:00pm-10:00pm



**LGT Recertification** 

**LGT Recertification** 9:30am-5:30pm

**Get The Hike Outta Here!** 

**Annual Clean Up Hike** 

10:00am-2:30pm

**23** 

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

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



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**26** 

**Tennis Singles Tournament** 

4:00pm @ the Tennis Courts

for IM Schedules & Fitness Classes



7:00pm-11:00pm Zanfino Plaza

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

SPRING JAM Friday Nite\* **De-Stress Night** 

Chair Massages Free Food 10:00pm-1:00am