Sunday

Monday

Tuesday Wednesday Thursday

Friday

Friday Nite

at the

LASER TAG

10:00pm-1:00am

Saturday

Groundhog's 7

WPUNJ M/W

vs. NJC

1:00pm/3:00pm

Day

CPR/AED

for the Prof.

10:00am-4:00pm



SAVE THE DATE Relay For Life

> **April 12, 2013** 8:00pm-11:00pm

@ Zanfino Plaza

Recreation Facebook

www.wpunj.edu/reccenter

First Aid 6:00pm-10:30nm

Totally Fit @ The Rec

3:45pm-4:45pm

Zumba @ OFC

9:00pm-10:0pm

Classes begin in March

Sign up @ The Rec

Lifeguard Training

Water Safety Instructor

Self Defense @ OFC 12:30pm-1:30pm Zumba @ OFC 5:00pm-6:00pm Hip Hop @ OFC

7:00pm-8:00pm

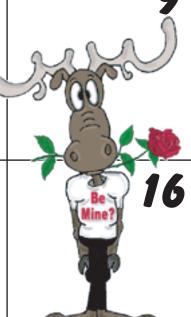
Zumba @ OFC 11:00am-12:00pm

Entries due for Racquetball Singles Tournament

Zumba @ OFC

11:00am-12:00pm

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REC CENTER HOURS

Monday-Friday 7:00am-11:00pm **Saturday-Sunday** 9:00am-9:00pm

OPEN REC JWIM Wightman Gym Pool

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

SPECTACULAR

6:18pm

Kickboxing @ OFC 3:45pm-4:45pm Self Defense I @ OFC

5:00pm-6:00pm Karate @ The Rec 6:15pm-7:15pm Yoga @ The Rec

7:30pm-8:30pm

Kickboxing @ OFC

Self Defense I @ OFC

Karate @ The Rec

6:15pm-7:15pm

Yoga @ The Rec

7:30pm-8:30pm

3:45pm-4:45pm

5:00pm-6:00pm

Racquetball Singles 3:30pm @ The Rec

Zumba @ OFC

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12:30pm-1:30pm Taekwondo @ The Red 5:30pm-6:30pm

Cont. Dance @ OFC 7:00pm-8:30pm

Zumba @ OFC

12:30pm-1:30pm

Taekwondo @ The Rec

Cont. Dance @ OFC

7:00pm-8:30pm

5:30pm-6:30pm

Totally Fit @ The Rec 3:45pm-4:45pm

Self Defense @ OFC 12:30pm-1:30pm

Valentine's Day

Zumba @ OFC 5:00pm-6:00pm Hip Hop @ OFC 7:00pm-8:00pm

Zumba @ OFC 11:00am-12:00pm

Entries due for Floor Hockey & 3 Point Shootout 23

OVERLOOK FITNESS CENTER

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

*WPUNJ Student ID Required

10:00am-2:30pm

President's Day

All Fitness Classes Cancelled

Open Rec Swm Cancelled

Zumba @ OFC 12:30pm-1:30pm aekwondo @ The Rec 5:30pm-6:30pm

Cont. Dance @ OFC

7:00pm-8:30pm

Floor Hockey Begins

Zumba @ OFC 9:00pm-10:0pm Self Defense @ OFC 12:30pm-1:30pm 7:00pm-8:00pm

ADULT SEMI-PRIVATE SWIM LESSONS **Begin March 25- Register @ The Rec Center**

Classes cancelled

3:30pm @ The Rec 25

Kickboxing @ OFC 3:45pm-4:45pm Self Defense I @ OFC 5:00pm-6:00pm Karate @ The Rec 6:15pm-7:15pm

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

973.720.2777

Zumba @ OFC

12:30pm-1:30pm Taekwondo @ The Red

5:30pm-6:30pm

Cont. Dance @ OFC 7:00pm-8:30pm

> WPUNJ W/M vs. Ramapo 6:00pm/8:00pm

Zumba @ OFC 9:00pm-10:0pm

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Totally Fit @ The Rec 3:45pm-4:45pm

Zumba @ OFC 9:00pm-10:0pm 12:30pm-1:30pm

Zumba @ OFC 5:00pm-6:00pm Hip Hop @ OFC 7:00pm-8:00pm

Self Defense @ OFC

Totally Fit @ The Rec 3:45pm-4:45pm

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Zumba @ OFC 5:00pm-6:00pm Hip Hop @ OFC