

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Recreational Services



www.wpunj.edu/reccenter 973.720.2777

Lifeguard Training
Water Safety Instructor
Classes begin in March
 Sign up @ The Rec



Friday Nite at the Rec

LASER TAG
10:00pm-1:00am

1

Groundhog's Day

WPUNJ M/W vs. NJC **PIONEERS**
1:00pm/3:00pm

+ CPR/AED for the Prof.
10:00am-4:00pm

2

SAVE THE DATE
Relay For Life
April 12, 2013
8:00pm-11:00pm
@ Zanfino Plaza

3

SUPER BOWL SPECTACULAR
6:18pm

4

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

5

Zumba @ OFC
12:30pm-1:30pm
 Taekwondo @ The Rec
5:30pm-6:30pm
 Cont. Dance @ OFC
7:00pm-8:30pm

+ **6**

First Aid
6:00pm-10:30pm

Totally Fit @ The Rec
3:45pm-4:45pm
 Zumba @ OFC
9:00pm-10:0pm

7

Self Defense @ OFC
12:30pm-1:30pm
 Zumba @ OFC
5:00pm-6:00pm
 Hip Hop @ OFC
7:00pm-8:00pm

8

Zumba @ OFC
11:00am-12:00pm
 Entries due for Racquetball Singles Tournament

9

16

REC CENTER HOURS
Monday-Friday
7:00am-11:00pm
Saturday-Sunday
9:00am-9:00pm

10

11

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

12

Racquetball Singles Tournament
3:30pm @ The Rec

Zumba @ OFC
12:30pm-1:30pm
 Taekwondo @ The Rec
5:30pm-6:30pm
 Cont. Dance @ OFC
7:00pm-8:30pm

13

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

Totally Fit @ The Rec
3:45pm-4:45pm
 Zumba @ OFC
9:00pm-10:0pm

14

Valentine's Day

Self Defense @ OFC
12:30pm-1:30pm
 Zumba @ OFC
5:00pm-6:00pm
 Hip Hop @ OFC
7:00pm-8:00pm

15

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

OPEN REC SWIM
WIGHTMAN GYM POOL
Mon.-Fri. 11am-2pm
Mon.-Thurs. 7:30pm-10pm
Sat.-Sun. 12pm-4pm

17

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

18

All Fitness Classes Cancelled
Open Rec Swm Cancelled

President's Day Classes cancelled

19

Zumba @ OFC
12:30pm-1:30pm
 Taekwondo @ The Rec
5:30pm-6:30pm
 Cont. Dance @ OFC
7:00pm-8:30pm

20

Totally Fit @ The Rec
3:45pm-4:45pm
 Zumba @ OFC
9:00pm-10:0pm

21

Self Defense @ OFC
12:30pm-1:30pm
 Zumba @ OFC
5:00pm-6:00pm
 Hip Hop @ OFC
7:00pm-8:00pm

22

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

24

25

Floor Hockey Captain's Mtg
3:30pm @ The Rec

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

26

3 POINT SHOOTOUT
7:00PM

Zumba @ OFC
12:30pm-1:30pm
 Taekwondo @ The Rec
5:30pm-6:30pm
 Cont. Dance @ OFC
7:00pm-8:30pm

27

Floor Hockey Begins

Totally Fit @ The Rec
3:45pm-4:45pm
 Zumba @ OFC
9:00pm-10:0pm

28

Self Defense @ OFC
12:30pm-1:30pm
 Zumba @ OFC
5:00pm-6:00pm
 Hip Hop @ OFC
7:00pm-8:00pm

February 2013
ADULT SEMI-PRIVATE SWIM LESSONS
Begin March 25- Register @ The Rec Center