




William Paterson University Recreational Services

SPRING FITNESS FUN

January 28–April 19, 2013

*Group Exercise
Free Week
January 28–February 1*

INFORMATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Students & Members:</u> Daily Fee \$5 Course Fee \$25 All Inclusive Fee \$50 Cash or Pioneer Express ONLY		12:30–1:30 pm ZUMBA I Theresa Daily \$5/Class \$25 Overlook	Best Way to Kill a Class: 1. Don't Show Up. 2. Keep it a Secret!		11:00–12:00 Zumba IV Hollye Daily \$5/Class \$25 Overlook
<u>Non-member Fac/Staff/Alumni:</u> *Daily Fee \$12 (*Includes \$5 Rec Center Daily Fee) Cash or Pioneer Express ONLY	3:45–4:45 pm Kickboxing Katonya Daily \$5/Class \$25 Overlook	Get Buff For Spring Break!	3:45–4:45 Totally Fit Katonya Daily \$5–12*/\$25 Rec Center	Being FIT is it!	
*Overlook Fitness Center Classes are open to students only. PIONEER EXPRESS ONLY – No Cash!	<i>Interested in Self Defense or Martial Arts? Check out new programs!</i>		Hey, Look at That Body... I Workout!	5:00–6:00 pm ZUMBA III Carola Daily \$5/Class \$25 Overlook	
Group Exercise "Free Week" January 28– February 1, 2013	7:30–8:30 Yoga Jill Daily \$5–12*/\$25 Rec Center	7:00–8:30 pm Contemporary Dance Mark Daily \$5/Class \$25 Overlook	9:00–10:00 pm Zumba II Jelissa Daily \$5/Class \$25 Overlook	7:00–8:00 pm Cardio Hip-Hop Ariel Daily \$5/Class \$25 Overlook	Interested in teaching a class? Contact Karen at hilbergk@wpunj.edu

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NEW!



MARTIAL ARTS PROGRAM

January 28–April 19, 2013

Free Week!
January 28-February 1
Try It - Before You Buy It!



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<u>Students & Members:</u> Daily Fee \$5 Course Fee \$25 All Inclusive Fee \$50 Cash or Pioneer Express ONLY				12:30–1:30 pm Self Defense Rihanna Daily \$5/Class \$25 Overlook	
Non-member Fac/Staff/Alumni: *Daily Fee \$12 (*Includes \$5 Rec Center Daily Fee) Cash or Pioneer Express ONLY	5:00–6:00 pm Self Defense Dan Daily \$5/Class \$25 Overlook	5:30–6:30 Martial Arts (TaeKwonDo) Rihanna Daily \$5–12*/\$25 Rec Center	Best Way to Kill a Class: 1. Don't Show Up. 2. Keep it a Secret!		
*Overlook Fitness Center Classes are open to students only. PIONEER EXPRESS ONLY – No Cash!	6:15–7:15 pm Martial Arts (Karate) Dan Daily \$5/Class \$25 Rec Center				Interested in teaching a class? Contact Karen at hilbergk@wpunj.edu