Monday Sunday

Tuesday Wednesday Thursday

Friday

Friday Nite

at the

Saturday



## Recreationa

Lifeguard Training Water Safety Instructor Sign up @ The Rec

Find us on Facebook

BINGO 10:00pm-1:00am

Women's History Month Hike Women's Federation Monument Alpine, NJ 11:00am-3:30pm

et The Hike Outta Herel

www.wpunj.edu/reccenter

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

5:00pm-6:00pm Karate @ The Rec 6:15pm-7:15pm Yoqa @ The Rec 7:30pm-8:30pm

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

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

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

Hip Hop @ OFC 7:00pm-8:00pm

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

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

**Daylight Saving** Time Begins

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

Zumba @ OFC

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

13

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

14

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

**Rec Center open 7am-8pm Overlook open 7am-8pm** 

15

Zumba @ OFC 11:00am-12:00pm SPRING **Break** 

REC CENTER

CLOSED

REC CENTER

CLOSED

OVERLOOK FITNESS

CENTIER

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

17

REC CENTER CLOSED



Begin

EXSTER REC CENTER OPEN 5:00PM-9:00PM

POOL/OFC CLOSED

**Adult Swim Lessons** Passover

> Kickboxing @ OFC 3:45pm-4:45pm

5:00pm-6:00pm Yoga @ The Rec 7:30pm-8:30pm

19

**Spring Begins** 

All Non-credit classes, Aerobics and Open Rec Swim canceled during Spring Break

\*OVERLOOK FITNESS CENTER WILL BE CLOSED DURING SPRING BREAK

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

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

7:00pm-8:00pm

REC CENTER/OFC OPEN 7:00AM-11:00PM POOL CLOSED

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

**Entries due for** Softball, Soccer & Ping Pong

Good Friday Classes canceled 30

23

REC CENTER/OFC OPEN 9:00AM-3:00PM POOL CLOSED

SPRING BREAK HOURS

Mar. 15-7am-8pm Mar. 16-17-Closed Mar. 18-22-8am-8pm Mar. 23-Closed

Mar. 24-3pm-9pm OVERLOOK FITNESS CENTER & THE POOL

WILL BE CLOSED DURING SPRING BREAK

Ends REC CENTER OPEN 3PM-9PM

Self Defense I @ OFC Karate @ The Rec 6:15pm-7:15pm

**Lifeguarding Classes** 

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