

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>CPR/AED for the Prof. February 7 9:30am-2:30pm</p> <p>CPR/AED for the Prof. REVIEW February 7 2:30pm-6:30pm</p> <p>Register @ the Rec Center</p>	<p>Conditioning & Self Defense @ OFC 3:45pm-4:45pm Yoga @ The Rec 7:30pm-8:30pm</p> <p>1</p> <p>WPUNJ Basketball Women 6:00pm Men 8:00pm</p>	<p>2</p> <p>Yoga @ The Rec 5:00pm-6:00pm</p>	<p>Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p> <p>3</p> <p>WPUNJ Basketball Women 6:00pm Men 8:00pm</p>	 <p>4</p> <p>Zumba @ OFC 5:00pm-6:00pm</p>	<p>5</p> <p>Adult Swim Lessons Begin in March Register @ The Rec</p>	 <p>6</p>
 <p>7</p> <p>SUPER BOWL SPECTACULAR 6:12pm</p> <p>Power Yoga @ OFC 7:30pm-8:30pm</p>	<p>8</p> <p>Conditioning & Self Defense @ OFC 3:45pm-4:45pm Yoga @ The Rec 7:30pm-8:30pm</p>	 <p>9</p> <p>Yoga @ The Rec 5:00pm-6:00pm</p>	<p>Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p> <p>10</p> <p>WPUNJ Basketball Women 6:00pm Men 8:00pm</p>	 <p>11</p> <p>Zumba @ OFC 5:00pm-6:00pm</p>	<p>12</p> 	<p>13</p> <p>WPUNJ Basketball Women 1:00pm Men 3:00pm</p> <p>Get The Hike Outta Here! Morristown National Historical Park 10:00am-3:30pm</p>
 <p>14</p> <p>Valentine's Day</p> <p>Power Yoga @ OFC 7:30pm-8:30pm</p>	<p>15</p> <p>All Fitness Classes Cancelled Open Rec Swm Cancelled</p> <p>President's Day Classes cancelled</p>	<p>16</p> <p>Yoga @ The Rec 5:00pm-6:00pm</p>	<p>17</p> <p>Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	 <p>18</p> <p>Zumba @ OFC 5:00pm-6:00pm</p>	<p>19</p> <p>Friday Nite at the Rec</p>  <p>Fabulous Feud Friday Free Food 10:00pm-1:00am</p>	<p>20</p>
<p>21</p> <p>Entries due for Floor Hockey & Ping Pong</p> <p>Power Yoga @ OFC 7:30pm-8:30pm</p>	<p>22</p> <p>Floor Hockey Captain's Meeting 6:00pm @ The Rec</p> <p>Conditioning & Self Defense @ OFC 3:45pm-4:45pm Yoga @ The Rec 7:30pm-8:30pm Adult CPR/AED 9:30am-12:30pm</p>	 <p>23</p> <p>Ping Pong Tournament 6:00pm @ The Rec</p> <p>Yoga @ The Rec 5:00pm-6:00pm</p>	<p>24</p> <p>Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm</p>	 <p>25</p> <p>Zumba @ OFC 5:00pm-6:00pm</p>	<p>26</p> <p>Entries due for 3 Point Shootout</p>	<p>27</p> 

Overlook Fitness Center
 Mon.-Fri. 7:00am-11:00pm
 Saturday 9:00am-9:00pm
 Sunday 11:00am-11:00pm
 *WPUNJ Student ID Required



Rec Center Hours
 Monday-Friday 7:00am-11:00pm
 Saturday-Sunday 9:00am-9:00pm

Open Rec Swim Wightman Gym Pool
 Mon.-Fri. 11am-2pm
 Mon.-Thurs. 7:30pm-10pm
 Sat.-Sun. 12pm-4pm



Become a Lifeguard Register Now

Lifeguard Training & Water Safety Instructor Classes begin in March

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

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Conditioning & Self Defense @ OFC 3:45pm-4:45pm
Yoga @ The Rec 7:30pm-8:30pm

Recreational Services

973.720.2777
 www.wpunj.edu/reccenter

LEARN CPR
 You Can Do It!

February 2016

Sign up @ The Rec



@WPrec