William Paterson University • Recreational Services

## Commit To Be Fit!

**Spring 2021 Fitness Classes** 

Beginning January 18, 2021

@WPRec Instagram Live



Yoga w/Jill Sundays, 6:30pm

Kickboxing w/Barry Mondays, 3:45pm

Yoga w/Mandy Mondays, 4:45pm

Strong Nation w/Katonya Wednesdays, 3:45pm





