

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Get The Hike Outta Here! Mystery Hike 10:00am-2:30pm Power Yoga @ OFC 7:30pm-8:30pm FREE Daylight Saving Time Ends	2 Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm	3  Vote Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm Pool Closed 7:30-10:00pm	4 Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm	5 Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm	6  After Hours @ the Rec Open Until 12 Midnight Drinks & Snacks IM Xbox FIFA16 Entries Due	7  Get updated information: Register on imleagues.com and download the REC*IT app
8  WARNING: DUE DATES ARE CLOSER THAN THEY APPEAR Power Yoga @ OFC 7:30pm-8:30pm FREE	9 Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm	10 Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm Xbox360 FIFA16 Tournament 7:30pm Pool Closed 7:30-10:00pm	11 Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm  Veterans Day	12 Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm	13 Friday Nite at the Rec  10:00pm-1:00am DJ & Hypnotist FREE FOOD	14  Get The Hike Outta Here! High Mountain Preserve 10:00am-2:30pm CPR/AED for the Prof 9:30am-2:30pm CPR/AED for the Prof Review 2:30pm-6:00pm
15  Power Yoga @ OFC 7:30pm-8:30pm FREE	16 Yoga @ OFC 5:00pm-6:00pm Indoor Cycling @ OFC 6:00pm-7:00pm Yoga @ The Rec 7:30pm-8:30pm	17 Yoga @ The Rec 5:00pm-6:00pm Conditioning & Self Defense @ OFC 6:00pm-7:00pm	18  WPUNJ W/M Bball 5:30pm/7:30pm Kickboxing @ OFC 3:45pm-4:45pm Yoga @ OFC 5:00pm-6:00pm	19 Zumba @ OFC 11:00am-12:00pm Indoor Cycling @ OFC 7:30pm-8:30pm	20  Adult CPR 9:30am-12:30pm  After Hours @ the Rec Open Until 12 Midnight Drinks & Snacks	21
22 LEARN CPR <i>You Can Do It!</i>	23	24  WPUNJ W/M Bball 6:00pm/8:00pm	25 Pool Closes at 2:00pm Rec Center & Overlook Close at 8:00pm	26  Overlook Closed Rec Center Closed	27 Overlook Closed Rec Center Closed	28 Overlook Closed Rec Center Closed
29 Rec Center Open 3:00pm - 9:00pm Overlook Open 5:00pm-11:00pm	30 IM Pioneer Classic 3 on 3 Basketball Entries Due	Recreational Services November 2015 www.wpunj.edu/reccenter 973.720.2777    @WPreC				

Rec Center Hours

Mon - Fri 7am - 11pm
 Sat - Sun 9am - 9pm

Overlook Fitness Center

Mon - Fri 7am - 11pm
 Sat 9am - 9pm
 Sun 11am-11pm

Open Rec Swim

Mon-Fri 11am-2pm
 Mon-Thurs 7:30pm-10pm
 Sat-Sun 12pm- 4pm

GET THE HIKE OUTTA HERE!

Central Park, NYC
 Sunday, Dec.6
 9:00am-5:00pm

