

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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.2

9:00am-5:30pm

Register at [www.imleagues.com](http://www.imleagues.com)

# Recreational Services

973.720.2777

[www.wpunj.edu/reccenter](http://www.wpunj.edu/reccenter)



**1**

Yoga @ The Rec  
5:30pm

Spin @ OFC  
7:00pm

**2**

Friday Nite  
at the Rec

**Glow Laser Tag**  
10:00pm-1:00am  
**FREE FOOD**

*Deadline for IM Volleyball*

**3**

LIFE WAS MEANT  
FOR GOOD  
FRIENDS  
AND GREAT  
ADVENTURES

**4**

Yoga @ OFC  
7:30pm

Daylight Savings

**5**

IM Volleyball  
Captain's Meeting  
5:30pm @ the Rec

Kickboxing @ OFC  
3:45pm

Zumba @ OFC  
5:00pm

Hip Hop Heels & Funk  
7pm @OFC

**6**

Yoga @ The Rec  
5:15pm

Spin @ OFC  
7:00pm

Election Day

**7**

Lunch Bunch Yoga  
@ The Rec  
12:30pm

Strong by Zumba  
3:45pm @ OFC

50 Minute Fitness  
5:00pm @ The Rec

**8**

Yoga @ The Rec  
5:30pm

Spin @ OFC  
7:00pm

**9**

@WPreC

**10**

Indoor Rock Climbing  
Gravity Vault  
10:00am-4:00pm

**11**

Yoga @ OFC  
7:30pm

**12**

★ Veterans Day ★

Kickboxing @ OFC  
3:45pm

Zumba @ OFC  
5:00pm

Madden Tournament  
4:30pm @ the Rec

**13**

Yoga @ The Rec  
5:15pm

Spin @ OFC  
7:00pm

WP Women's & Men's  
Basketball, 6pm/8pm

Open Rec Swim  
Canceled  
7:30pm-10:00pm

**14**

Lunch Bunch Yoga  
@ The Rec  
12:30pm

Strong by Zumba  
3:45pm @ OFC

50 Minute Fitness  
5:00pm @ The Rec

IM Double Dare  
Olympics  
6:30pm @ the Rec

**15**

Yoga @ The Rec  
5:30pm

Spin @ OFC  
7:00pm

**16**

Adult CPR  
1:00pm-4:00pm

**LEARN CPR**  
You Can Do It!

**17**

Get updated information:  
Register on [imleagues.com](http://imleagues.com)

**18**

Yoga @ OFC  
7:30pm

**19**

Kickboxing @ OFC  
3:45pm

Zumba @ OFC  
5:00pm

**20**

Yoga @ The Rec  
5:15pm

Spin @ OFC  
7:00pm

**21**

Pool Closes at 2:00pm

Rec Center  
7:00am-4:30pm

Overlook Fitness Center  
7:00am-2:00pm

**22**

Overlook Closed  
Rec Center Closed

**23**

Overlook Closed  
Rec Center Closed

**24**

Overlook Closed  
Rec Center Closed

**25**

Rec Center  
3:00pm-9:00pm

Overlook Fitness Center  
Closed

**26**

Kickboxing @ OFC  
3:45pm

Zumba @ OFC  
5:00pm

WP Women's & Men's  
Basketball, 6pm/8pm

**27**

Yoga @ The Rec  
5:15pm

Spin @ OFC  
7:00pm

**28**

Lunch Bunch Yoga  
@ The Rec  
12:30pm

Strong by Zumba  
3:45pm @ OFC

50 Minute Fitness  
5:00pm @ The Rec

WP Women's & Men's  
Basketball, 6pm/8pm

**29**

Yoga @ The Rec  
5:30pm

Spin @ OFC  
7:00pm

**30**

# November 2018