



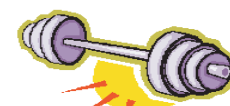




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|--|
|  | Kickboxing 3:45pm @ OFC 1 Willy P Spring Flee .5K Fun Run 4:01pm Zanfino Plaza | 2 | 3 | 4 | Friday Nite at the Rec 5 Fabulous Feud Game Show 10:00pm-1:00am Free Food 33rd Annual Best Bench Prelims Begin | 6 |
| Yoga 7:30pm @ OFC 7 Floor Hockey Tournament 6:00pm Get The Hike Outta Here! Women's Federation Monument 10:00am-3:30pm | Kickboxing 3:45pm @ OFC 8 HIP HOP HEELS & FUNK 7:00PM Overlook Fitness Center | 9 | 10 |  11 Meet Us At The Net 12:30 Zanfino Plaza Free Food & Prizes | 12 |  13 Adult CPR/AED 9:30am-12:30pm Lifeguard Training Review 9:30am-5:00pm |
| Yoga 7:30pm @ OFC 14 Horseback Riding Newton, NJ 12:00pm-5:00pm | Kickboxing 3:45pm @ OFC 15 Ladies Night in the Weight Room 4:00pm - 6:00pm | Yoga 5:15pm @ RC 16 Ladies Night in the Weight Room 6:00pm - 8:00pm | 17 | 18 | 19 33rd Annual Best Bench Prelims End Rec Center Open 11am - 11pm Overlook Fitness Center Closed POOL CLOSED | 20 |
|  21 Rec Center Open 5pm - 9pm Overlook Closed POOL CLOSED | Kickboxing 3:45pm @ OFC 22 Swim for Fitness April 22 - May 1 Earth Day | 23 | 24 |  25 33rd Annual Best Bench Competition 12:00 |  26 Adult CPR/AED 1:00pm-4:00pm | 27 |
| Yoga 7:30pm @ OFC 28 Horseback Riding Newton, NJ 12:00pm-5:00pm | 29 | Basketball All-Star Game 7:00pm 30 Yoga 5:15pm @ RC |  | | | |

April 2019



Rec Center Hours

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

Overlook Fitness Center

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

Open Rec Swim Wightman Gym Pool

Mon.-Fri. 11am-2pm
Tues. & Thurs. 5pm-7:30pm
Mon.-Thurs. 7:30pm-10pm
Sat.-Sun. 12pm-4pm

Recreational Services

973.720.2777
www.wpunj.edu/reccenter



@WPrecc

Friday Nite at the Rec

De-Stress Night
May 3, 2019
10:00pm-1:00am

Chair Massages Free Food

