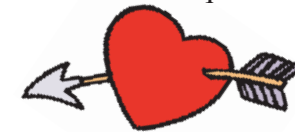


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Overlook Fitness Center

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

*WPUNJ Student ID Required



Recreational Services
 973.720.2777
 www.wpunj.edu/reccenter


Adult Swim Lessons
 Begin in March
 Register @ The Rec

1
LEARN CPR
 You Can Do It!

2

WP 3
 WPUNJ Bball vs. Rutgers Newark
 Women 1:00pm
 Men 3:00pm
 National Girls & Women In Sports Day
Pool Closed

FREE FOOD
4
SUPER BOWL SPECTACULAR
 6:07pm
 Yoga @ OFC
 7:30pm-8:30pm

5
 Self Defense @ OFC
 3:45pm-4:45pm
 Zumba @ OFC
 5:00pm-6:00pm

6
 Yoga @ The Rec
 5:15pm-6:15pm

NBA 2K18 7
Video Game Tournament- 6pm
 Boot Camp @ OFC
 3:45pm-4:45pm
 Spinning @ OFC
 5:00pm-6:00pm
 Open Rec Soccer
 8:00pm-10:00pm



WP 10
 WPUNJ Bball vs. Rutgers Camden
 Men 1:00pm
 Women 3:00pm
 Get The Hike Outta Here!
 Healthy Heart Hike Off-Campus
 10:00am-2:30pm

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

11
 Yoga @ OFC
 7:30pm-8:30pm

+ **12**
 Adult CPR/AED
 9:30am-12:30pm
 Self Defense @ OFC
 3:45pm-4:45pm
 Zumba @ OFC
 5:00pm-6:00pm

13
 Yoga @ The Rec
 5:15pm-6:15pm

Valentine's Day 14
 Boot Camp @ OFC
 3:45pm-4:45pm
 Spinning @ OFC
 5:00pm-6:00pm
 Open Rec Soccer
 8:00pm-10:00pm



16
imleagues
 Get updated information:
 Register on imleagues.com



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

JOIN TODAY 18
 Yoga @ OFC
 7:30pm-8:30pm

HAPPY PRESIDENTS DAY!
 President's Day
 Classes cancelled
 All Fitness Classes Cancelled
 Open Rec Swm Cancelled

20
 Yoga @ The Rec
 5:15pm-6:15pm

Ping Pong Tournament 21
 5:00pm
 Boot Camp @ OFC
 3:45pm-4:45pm
 Spinning @ OFC
 5:00pm-6:00pm
 Open Rec Soccer
 8:00pm-10:00pm



23
 Entries Due IM Floor Hockey
 Register at
 www.imleagues.com



Lifeguard Training & Water Safety Instructor
 Classes begin in March
 Sign up @ The Rec

25
 Yoga @ OFC
 7:30pm-8:30pm

26
 Self Defense @ OFC
 3:45pm-4:45pm
 Zumba @ OFC
 5:00pm-6:00pm

27
 Yoga @ The Rec
 5:15pm-6:15pm

28
 Open Rec Soccer
 8:00pm-10:00pm
 Boot Camp @ OFC
 3:45pm-4:45pm
 Spinning @ OFC
 5:00pm-6:00pm

February 2018

