

William Paterson University Recreational Services

2017 SPRING FITNESS FUN



January 22-April 13

Think SPRING!

Get Movin' with Group X Classes!



Get Fit, Stay Healthy with Group Exercise Classes!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TRY IT FREE!!!	January 22 To February 3		<i>Reduce your stress, Learn something new, drop 10, Have fun & Meet people!</i>	12:45-1:45 SOUL SPIN Loretta @ Overlook
	3:45-4:45 Conditioning & Self Defense Barry @ Overlook	<i>Bring a friend to class!</i>	3:45-4:45 KICKBOXING Katonya @ Overlook		
		5:15-6:15 pm YOGA with Mandy @ Rec Center	6:00-7:00 pm ZUMBA with Karla @ Overlook	FREE!! 5:00-6:00 pm ZUMBA with Saloney @ Rec Center FREE!!	
7:30-8:30 pm YOGA with Jill @ Overlook FREE!!	8:00-9:00 pm ZUMBA with Landon @ Rec Center				Overlook Fitness Center Classes are open to STUDENTS ONLY!

FEE SCHEDULE:

Daily Fee: **\$5 per class** or Single Course Fee = **\$15 per course**

SPECIAL! All Inclusive Fee = \$30 (attend any or ALL classes each week!)

PIONEER EXPRESS ONLY @ Overlook Fitness Center

Students & Rec Center Members: Cash or Pioneer Express ONLY

Non-member Faculty/Staff/Alumni: *Daily Fee \$12 (*\$5 Rec Center Daily Fee + \$7 Class Fee)

Register online www.imleagues.com/Williampaterson/Fitness

Revised 3/7/17

3/7/17 10:48 AM Revised **Contact the Rec Center for more information 973-720-2777.**