



WILLIAM PATERSON
UNIVERSITY

DEPARTMENT OF
RECREATIONAL
SERVICES

FITNESS ORIENTATION

Walking into a new gym for the first time can be intimidating and overwhelming. The Fitness Orientations are open to all students to help you get to know and feel comfortable using the workout facilities at the Sports and Recreation Center

**REGISTER UNDER
THE WELL-BEING
PROGRAMS TAB ON
IMLEAGUES.COM**

**UPCOMING
ORIENTATIONS**

Wed., April 7 @ 7:15pm
Tues., April 13 @ 1:00pm

www.imleagues.com/williampaterson/fitness