










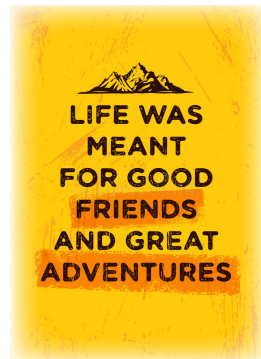



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Friday Nite at the Rec 
Recreational Services					November 2019 		De-Stress Night December 6 10:00pm - 1:00am
973.720.2777 www.wpunj.edu/reccenter							Overlook Fitness Center
Entries Due for IM Volleyball 3 Yoga @ OFC 6:30pm Daylight Savings	IM Volleyball Captain's Meeting 5:30pm @ the Rec 4 Kickboxing @ OFC 3:45pm	Yoga @ RC 5:15pm 5 Madden 20 Tournament 3:30pm @ the Rec Election Day	Strong by Zumba @ OFC 3:45pm 6	 7	 @WPRec 8	Open Rec Swim Canceled 9	Monday - Friday 8:00am - 11:00pm Saturday & Sunday 10:00am - 8:00pm
 10 Yoga @ OFC 6:30pm	 Veterans Day 11 Kickboxing @ OFC 3:45pm Hip Hop Heels & Funk 9pm @OFC	Yoga @ RC 5:15pm 12  Wii Bowling Tournament 3:30pm @ the Rec	Strong by Zumba @ OFC 3:45pm 13	 14	 Adult CPR 1:00pm-4:00pm LEARN CPR You Can Do It! 15	 Get updated information: Register on imleagues.com 16	Monday - Friday 7:00am - 11:00pm Saturday - Sunday 9:00am - 9:00pm
Yoga @ OFC 6:30pm 17	Kickboxing @ OFC 3:45pm 18	Yoga @ RC 5:15pm 19	Strong by Zumba @ OFC 3:45pm 20	 Mark Your Calendar Don't sit on the sidelines...Get involved! 21-22		 23	Mon., Wed., Fri. 11am-2pm Tues., Wed., Thurs. 8pm-10pm Sat.-Sun. 12pm-4pm
Yoga @ OFC 6:30pm 24	Kickboxing @ OFC 3:45pm 25	WP 26 WP Men's & Women's Basketball, 8pm/6pm Yoga @ RC 5:15pm	Classes Canceled Pool Closed Overlook Fitness Center 8:00am-2:00pm Rec Center 7:00am-4:00pm 27	 28 Overlook Closed Rec Center Closed	Overlook Closed Rec Center Closed 29	Overlook Closed Rec Center Closed 30	TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.