


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreational Services 973.720.2777 www.wpunj.edu/reccenter				 @WPreC		

April 2021

Rec Center Hours
Monday-Friday
 8:30am-9:30pm
Saturday-Sunday
 12:00pm - 7:30pm
 Rec Center Closed April 2 - 4, 2021

 4 Rec Center Closed	5 Mindfulness Minute 11:00am Instagram Live @WPreC Yoga 6:00pm YouTube WPU Recreational Services	6 Mini Golf Night 6:00pm Rec Center	7 Fitness Orientation 7:15pm	8 HIIT, 12:00pm IGTV @WPreC	9 Annual Best Bench Prelims Begin	10 Rec Center Open 12:00pm - 7:30pm
11 Yoga, 6:30pm Instagram Live @WPreC Bags Tournament 5:00pm Soccer Field Rec Center Open 12:00pm - 7:30pm	12 Mindfulness Minute 11:00am Instagram Live @WPreC Kickboxing, 3:45pm Instagram Live @WPreC Yoga 6:00pm YouTube WPU Recreational Services	13 Dodgeball Tournament 6:00pm Rec Center Fitness Orientation 1:00pm	14 Strong Nation, 3:45pm Instagram Live @WPreC	15 HIIT, 12:00pm IGTV @WPreC	16 	17 Rec Center Open 12:00pm - 7:30pm
18 Yoga, 6:30pm Instagram Live @WPreC Rec Center Open 12:00pm - 7:30pm	19 Mindfulness Minute 11:00am Instagram Live @WPreC Kickboxing, 3:45pm Instagram Live @WPreC Yoga 6:00pm YouTube WPU Recreational Services	20 Pickleball 6:00pm Rec Center	21 Strong Nation, 3:45pm Instagram Live @WPreC	22 HIIT, 12:00pm IGTV @WPreC	23 Annual Best Bench Prelims End	24 Rec Center Open 12:00pm - 7:30pm
25 Yoga, 6:30pm Instagram Live @WPreC Rec Center Open 12:00pm - 7:30pm	26 Mindfulness Minute 11:00am Instagram Live @WPreC Kickboxing, 3:45pm Instagram Live @WPreC Yoga 6:00pm YouTube WPU Recreational Services	27 Volleyball Tournament 6:00pm Soccer Field	28 Strong Nation, 3:45pm Instagram Live @WPreC	29 HIIT, 12:00pm IGTV @WPreC  Annual Best Bench Competition 10:00-2:00	30 	

Be A Player & Win!

Participate in Intramurals this semester & receive a WPreC T-shirt, Shaker Bottle & be entered in our end of the semester raffle. Prizes Include: 32" TV, Apple AirPods, Fitbit & More!

WIN!

LEARN CPR

You Can Do It!
 1-Year Online Provisional Adult & Pediatric First Aid, CPR/AED Training Begins April 12 for more info email coynee1@wpunj.edu