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@WESTCONNREC



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WESTERNREC_WCSU



WESTCONN RECREATION

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WESTCONN REC FALL 2020



FITNESS ZONE HOURS

MIDTOWN

MT FITNESS ZONE:

MONDAY-THURSDAY: 10AM-9PM

FRIDAY: 10AM-8PM

SATURDAY-SUNDAY: 2PM-8PM

MIDTOWN REC INFO DESK:

MONDAY-THURSDAY: 10AM-9PM

FRIDAY: 10AM-8PM

SATURDAY-SUNDAY: 2PM-8PM

WESTSIDE

WS FITNESS ZONE:

MONDAY-THURSDAY: 10AM-9PM

FRIDAY: 10AM-8PM

SATURDAY: 10AM-4PM

SUNDAY: 2PM-8PM

WESTSIDE REC INFO DESK:

MONDAY-THURSDAY: 10AM-9PM

SATURDAY: CLOSED

SUNDAY: 2PM-8PM

EVENTS

Our intent for the 2020-21 academic year is to be fully operational while taking the necessary precautions to keep our university community safe.



GROUP FITNESS CLASSES

Due to COVID-19 protocols, all of our Group Fitness classes and WestConn Rec activities will be taking place outdoors during the fall semester.

-YOGA

-BODY SCULPTING

-BODY BLASTS

-CARDIO KICKBOXING

ALL FREE FOR OUR WESTCONN STUDENTS!



O'NEIL CENTER POOL:

MONDAY-THURSDAY: 8:30PM-10:30PM

FRIDAY – SUNDAY: CLOSED