GWISE MED Campus Summer Workout Group: “No Excuse Tuesdays”
Tuesdays in June-July, starting June 9, from 5:10-5:50 p.m.
Location: due to room availability we will switch between two locations, Room 103, Conte building (K) and Hiebert Lounge, BUSM Instructional building (L)
6/16 K building, 103
6/23 L building, 1403 (near Hiebert Lounge)
6/30 L building, Hiebert Lounge
7/7 K building, 103
7/14 L building, Hiebert Lounge
7/21 K building, 103
7/28 K building, 103

“It’s too hot outside, I’m too tired after work, the gym is too far away, I’m busy…” No more excuses!
You can workout at school! Yvette Joon Ying Boon (view profile), a PhD student in the Pharmacology department, and a FitRec instructor, will lead us in a 40-minute session, which includes strength and conditioning, cardio, plyometrics, etc. It has a 5 minute warm-up, 30 minute workout, and 5 minute warm down/stretch. The workout can be adapted for the beginner, advanced, and anyone in between. You can come after work and still not leave too late! It’s a great chance to see friends and meet new people. Please join us starting THIS TUESDAY June 9 to stay healthy for the summer and bring your friends and labmates!

Contact Kathryn at khixson@bu.edu or gwise@bu.edu with any questions.