

Join Us For **TWO** New Wellness Series This Spring!



The WellBeing Project is sponsoring the following two series of wellness events:

- Shake It Off** – Physical exercise classes, organized by GMSSO
- Virtual Hangouts** – Open and honest discussions, run by trained student facilitators

**February 28<sup>th</sup>**

6:00PM

Strength Based Yoga

Join here:

<https://myfitrec.bu.edu/wbwsc/webtrac.wsc/search.html?module=AR&primarycode=215928>



**March 7<sup>th</sup>**

6:00PM

Kickboxing

Join here:

<https://myfitrec.bu.edu/wbwsc/webtrac.wsc/search.html?module=AR&primarycode=215928>

**March 8<sup>th</sup>**  
7:00PM

Navigating Work-Life Balance

Join here:  
<http://bit.ly/3dCfWpD>

**March 14<sup>th</sup>**  
7:00PM

Zumba

Join Here:  
<https://myfitrec.bu.edu/wbws/wbws/wbws/search.html?module=AR&primarycode=215928>

**March 24<sup>th</sup>**  
12:00PM

Making & Maintaining Social Connections

Join here:  
<http://bit.ly/3dCfWpD>

**March 24<sup>th</sup>**



6:00PM

Yoga/Pilates Fusion

Join here:

<https://myfitrec.bu.edu/wbws/wbtrac.wsc/search.html?module=AR&primarycode=215928>



**April 5<sup>th</sup>**

4:30PM

Quieting Your Inner Critic

Join here:

<http://bit.ly/3dCfWpD>



**April 5<sup>th</sup>**

5:00PM

Barre

Join here:

<https://myfitrec.bu.edu/wbws/wbtrac.wsc/search.html?module=AR&primarycode=215928>



**April 19<sup>th</sup>**

6:00PM

HITT

Join here:

<https://myfitrec.bu.edu/wbws/wbtrac.wsc/search.html?module=AR&primarycode=215928>



**April 26<sup>th</sup>**

6:00PM

Stretch & Breathe

Join here:

<https://myfitrec.bu.edu/wbws/wbtrac.wsc/search.html?module=AR&primarycode=215928>

