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 28th**  
6:00PM  
Strength Based Yoga  
Join here:  

**March 7th**  
6:00PM  
Kickboxing  
Join here:  
March 8th
7:00PM
Navigating Work-Life Balance

Join here:

March 14th
7:00PM
Zumba

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

March 24th
12:00PM
Making & Maintaining Social Connections

Join here:

March 24th
6:00PM

Yoga/Pilates Fusion

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

April 5th
4:30PM

Quieting Your Inner Critic


April 5th
5:00PM

Barre

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

April 19th
6:00PM

HITT

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

April 26th
6:00PM
Stretch & Breathe

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