

B-Well Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am	Boot Camp w/ Mike M. (Merrill)	Spin w/ Margaret (Gray Cage)	Boot Camp w/ Mike M. (Merrill)	Spin w/ Margaret (Gray Cage)	Boot Camp w/ Mike M. (Merrill)
11:00-11:45am	Begin to Spin w/ Johanne (Gray Cage)	Water Aerobics (Pool)	Begin to Spin w/ Johanne (Gray Cage)	Water Aerobics (Pool)	
12:00-1:00pm	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike M. (Merrill)	Zumba w/ Cynthia (Merrill) Yoga w/ Lydia (Merrill) Qi Gong w/ Don (Chase downstairs "Little Room")	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike M. (Merrill) Yoga w/ Heidi (Chase Hall Skelton)	Zumba w/ Cynthia (Merrill) Yoga w/ Lydia (Merrill)	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike M. (Merrill)
12:15-1:00pm		Kinstretch w/ Mike S. (Merrill)			
5:00-6:00pm			Yoga w/ Robyn (Chase downstairs "Little Room")		

Classes meet regularly when Bates Administrative offices are open.

Classes are free and open to all Bates employees, spouses and dependents. Each participant must have a valid Bates ID (this is the "Activity Card" for spouses and dependents).

No need to sign up, just show up! Questions? Contact Mike Milliken (207-753-6936 or mmillike@bates.edu).

To receive updates of class changes send an email to bwellassupdates+subscribe@groups.bates.edu.

B-Well Upcoming Events



Event	Date	Location
Reach the Peak Online Challenge	January 15 - February 14	Online: https://www.wellable.co
Onsite Biometric Screenings	January 23 January 24	Commons 211
Nutrition Counseling (8:30am-3:00pm)	January 25 February 22 March 22 April 19	220 College Street
Lunch and Learns (12:00pm-1:00pm)	<i>Fit for Life, Your Aerobic Training Zone</i> - January 16 <i>Heart Healthy Eating</i> - February 15 <i>Managing March Madness</i> - March (TBD) <i>Running for Your Life</i> - April (TBD)	Commons 221 Commons 221 Muskie Commons 221
Coping with Caregiving Sessions (12:00pm-1:00pm)	January 8 February 12 March 12 April 9	220 College Street
Freshstart® Tobacco Cessation (5:30pm-7:00pm)	Wednesdays, January 9 - February 6	Dempsey Center 29 Lowel Street, Lewistown

www.Bates.edu/b-well/calendars