

B-Well Fitness Schedule



Fitness classes are free and open to all Bates employees, spouses and dependents. Classes meet regularly when Bates Administrative offices are open and range from 40 minutes to one hour in length. Participants will need to have a valid Bates ID (this is the "Activity Card" for spouses and dependents) to attend.

SCHEDULE

To check the current schedule of classes visit:

www.bates.edu/b-well/calendars

No need to sign up, just show up!

CURRENT CLASS DESCRIPTIONS

Begin to Spin – A fun group cardiovascular indoor cycling class. In this class you will pedal your way through multiple terrains, speeds and intensities, all at your own pace. This class is perfect for individuals at all levels of fitness!

Boot Camp – A mix of aerobic, strength and core conditioning, Boot Camp also puts a strong emphasis on pain management and mobility. This 45 minute session led by Mike Milliken will help you improve your fitness alongside a group of colleagues. Class meets at Merrill Gym on Mondays and Fridays and Davis Fitness Center on Wednesdays.

Qi Gong – a form of exercise involving a set of flowing movements designed to build one's inner energy called "Chi". Some describe it as a combination of moving yoga and meditation. Others describe it as a non-violent form of martial arts. It originated in ancient China evolving from philosophical principles of Taoism and Confucianism.

Aquatic Aerobics – In the shallow end of the pool, this workout focuses on building aerobic capacity as well as overall strength in a low impact setting.

Tone and Tighten – A group fitness class which focuses on beginner to moderate strength training with lighter weights and higher repetitions. Come feel the burn!

Yoga – There are many forms of yoga out there today. In the B Well program the yoga classes are primarily the Vinyasa (or flow) style. Intended for beginners and intermediate participants, B Well yoga is a great way to feel invigorated and balanced during your workday.

Zumba – A fun class for all exercise abilities which incorporates latin style dance as an aerobic exercise session. Come move your body while getting a good sweat and a laugh in!

Kinstretch – Kinstretch is a system of movements that promote body control, mobility, and flexibility to optimize the way we feel and move. This 45 minute session will be taught by Bates' own Mike Seltzer.



QUESTIONS?

Contact Mike Milliken at (207) 753-6936 or mmillike@bates.edu

B-Well Upcoming Events



Event	Date	Location
Total Wellness Challenge	Begins January 27	https://www.wellable.co
Nutrition Counseling (By Appointment)	<ul style="list-style-type: none"> • February 14 • March 13 • April 10 • May 8 	220 College Street
Lunch and Learns (12:00pm-1:00pm)	<ul style="list-style-type: none"> • January 29 – Community Engagement • February 19 – Heart Health • March 13 – Nutrition with Judy Donnelly 	Commons 221
Coping with Caregiving Sessions (12:00pm-1:00pm)	<ul style="list-style-type: none"> • February 11 • March 10 • April 14 • May 12 	220 College Street
Financial Wellness Webinars	<ul style="list-style-type: none"> • February 11 – Introduction to trusts • February 12 – Market-proof your retirement • February 12 – She's Got It – A woman's guide to saving and investing • February 13 – Cybersecurity at home • February 13 – Within Reach: Transitioning from career to retirement • March 17 – Introduction to Social Security • March 18 – Market-proof your retirement • March 18 – Money at Work 1: Foundations of investing • March 19 – Postcards from the Future: A woman's guide to financially ever after 	TIAA.org/webinars



CLASSES ARE SUBJECT TO CHANGE

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