

Free Fitness! 2025



JAN-FEB

Chakra Yoga - IC 1/8, 1/15, 1/22, 1/29 2/5, 2/12, 2/19, 2/26



MAR-APR

Glutegainz Bootcamp -IC 3/5, 3/12, 3/19, 3/26 4/2, 4/9, 4/16, 4/23, 4/30



Wednesdays!

MAY-JUN **Evolve Fitness - PP** 5/7, 5/14, 5/21, 5/28 **Dance Therapy with Can Marie-PP** 6/4, 6/11, 6/18, 6/25



JUL-AUG

Yoga with Mari - PP 7/2, 7/9, 7/16, 7/23, 7/30 8/6, 8/13, 8/20, 8/27



SEP-OCT

Armada Cross Training with Vonn -PP 9/3, 9/10, 9/17, 9/24

10/1, 10/8, 10/15, 10/22, 10/29



All Classes are 5 - 6 pm on Wednesdays. IC = Innovation Center, 640 Ellicott PP = Pocket Park, 589 Ellicott (weather permitting)

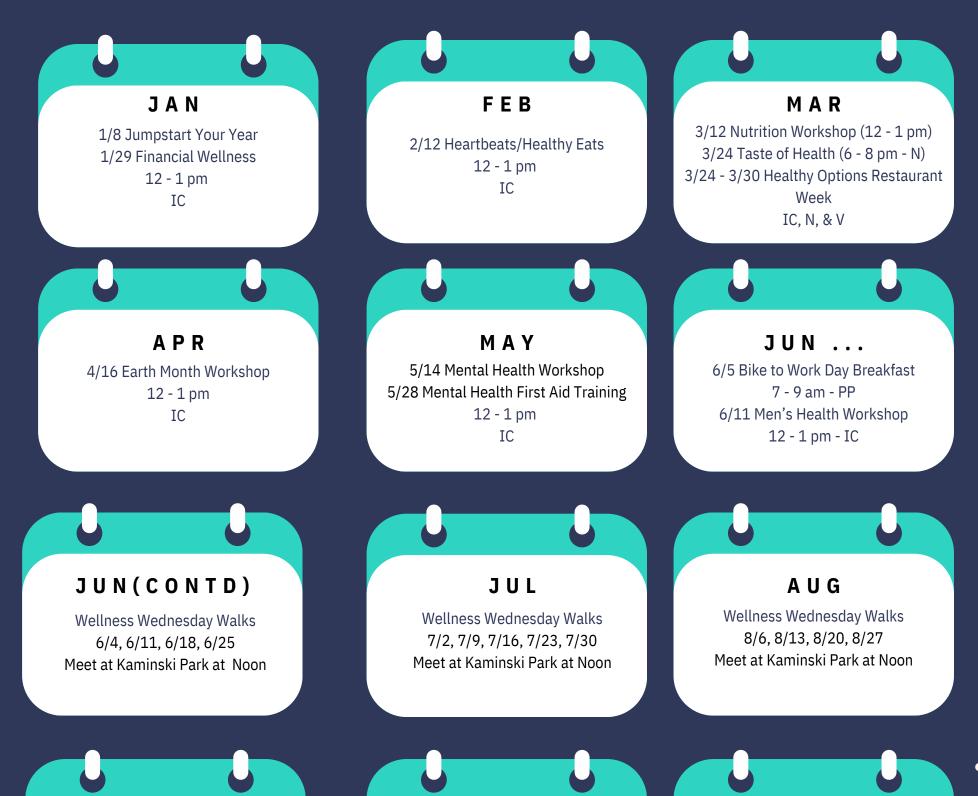


www.bnmc.org/health-and-wellbeing

Generously supported by the John R. Oishei Foundation



Workshops, Walks, and More! 2025



SEP

Wellness Wednesday Walks 9/3, 9/10, 9/17, 9/24 Meet at Kaminski Park at Noon Flu Shot Clini**c** 9/16 11 am IC

Register · A www. bnmc.org/health-and-wellbeing

Generously supported by the John R. Oishei Foundation

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5th Annual Food as Medicine Symposium 10/23, 10/24, 10/25 Jacobs School of Medicine

NOV

Stay Healthy for the Holidays Webinar 11/12, 12 - 1pm

IC = Innovation Center, 640 Ellicott V = Various locations PP = Pocket Park N = Northland Workforce Training Center @BNMCInnovates