

# Free Fitness!



**BNMC**  
HEALTH & WELL-BEING

## 2025

Register!

### 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)



@BNMCInnovates

Workshops, Walks, and More!  
2025

**JAN**

1/8 Jumpstart Your Year  
1/29 Financial Wellness  
12 - 1 pm  
IC

**FEB**

2/12 Heartbeats/Healthy Eats  
12 - 1 pm  
IC

**MAR**

3/12 Nutrition Workshop (12 - 1 pm)  
3/24 Taste of Health (6 - 8 pm - N)  
3/24 - 3/30 Healthy Options Restaurant  
Week  
IC, N, & V

**APR**

4/16 Earth Month Workshop  
12 - 1 pm  
IC

**MAY**

5/14 Mental Health Workshop  
5/28 Mental Health First Aid Training  
12 - 1 pm  
IC

**JUN ...**

6/5 Bike to Work Day Breakfast  
7 - 9 am - PP  
6/11 Men's Health Workshop  
12 - 1 pm - IC

**JUN (CONTD)**

Wellness Wednesday Walks  
6/4, 6/11, 6/18, 6/25  
Meet at Kaminski Park at Noon

**JUL**

Wellness Wednesday Walks  
7/2, 7/9, 7/16, 7/23, 7/30  
Meet at Kaminski Park at Noon

**AUG**

Wellness Wednesday Walks  
8/6, 8/13, 8/20, 8/27  
Meet at Kaminski Park at Noon

**SEP**

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

**OCT**

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

Register!

[www.bnmc.org/health-and-wellbeing](http://www.bnmc.org/health-and-wellbeing)

Generously supported by the John R. Oishei Foundation

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

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