

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

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

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