The Baylor Wellness Department wants to keep you Fit & Well in 2022! Programs

**Fit & Fun in 2022 With Baylor Fitwell**
- **Spring Intramurals Registration Closes:** February 6 at 11:59 p.m.
- **Intramural Basketball**
  - **Intramural Basketball Registration Closes:** January 25 by 11:59 p.m.
  - **Intramural Basketball by** Tuesday, 1/25. Register using the IM Play Pass on the Campus Recreation App.
- **Intro to Lead Climbing Clinic**
  - **Rock to Climbing! This clinic teaches lead belaying as well as lead climbing. Register on the Campus Recreation App.**
- **Teqball Launch at the SLC**
  - **Friday, January 28**
  - **Teqball** is 5-on-5 soccer and table tennis would look like? Come find out! Campus Recreation will be introducing its NEW Teqball table outside the SLC with a fun promotional launch on 1/28. Stay tuned on the @baylorcampusrec Instagram page and on the Campus Recreation App too!
- **Love & Light Yoga Session**
  - **Saturday, January 29, 10:30 a.m. - 11:30 a.m.**
  - **Students, Faculty, Staff, and Guests**
  - **Join us as we kick off the new year by creating vision boards!! Follow the Baylor Union Board and Baylor Art Club. Join us as we kick off the new year by creating vision boards!!**
  - **Hosted by Lisa Pederson**
  - **Saturday, January 29, 9 p.m.-12 a.m.**
  - **Visions Boards**
  - **SUB: New Year New Me**

**Wellness Wednesday Workout Starts**
- **Wednesday, January 26, 6:30-7:15 p.m.**
- **Wellness Wednesday Workout from 6:30-7:15 p.m. at the SUB, of the Wellness Department this Wednesday for the first session of the weekly Wellness Wednesday Workout**

**Fitwell Expo 2022**
- **Saturday, January 29, 9:45 a.m.-2 p.m.**
- **This event is FREE for all students, faculty, staff, and guests.**
- **Incorporating the programs that will be served. Space will be limited for F45 and Bear Cycle classes.**
- **Members will be able to reserve their spots 24 hours in advance.**
- **For more information, email Van_Davis@baylor.edu**

**Weekly Wellness Wednesday**
- **Weekly Wellness Wednesday Workout**
  - **Jan 19, 26**
  - **Outside in the SUB Community Room.**
  - **Start of the Semester Workout Program.**
  - **Incorporating the programs that will be served. Space will be limited for F45 and Bear Cycle classes.**
  - **Members will be able to reserve their spots 24 hours in advance.**
  - **For more information, email Van_Davis@baylor.edu**

**Questions?**
- **Email campus_rec@baylor.edu.**

**Promotional Launch**
- **Dr Pepper Hour Club! Don’t miss the chance to earn your DP Hour Mug.**
- **Since 1953, Dr Pepper Hour has been a long-standing tradition of the Baylor Athletics event. Visit: [HERE](#)**
- **Tuesday, January 25, 3-4 p.m.**
- **In the SUB (Bill Daniel Student Center).**
- **The Dr Pepper Hour is a fun way to enjoy Dr Pepper and support the Baylor Men’s Basketball.**
- **Intramurals@baylor.edu.**
- **Do you no longer want to receive emails like this? Unsubscribe [HERE](#).**

**Additional Information**
- **Looking for a temporary work study job? Want to be involved in one of the outstanding BSD events?**
- **Apply! Apps are due by Jan 20.**

**Stay Connected**
- **Follow @baylorunionboard on Instagram and @BaylorUB on Twitter!**