

Bellevue College Faculty and Staff

Quarterly Wellness Activities

Virtual Winter activities to keep you moving and well.

Join us on ZOOM—no sign up required.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zoom Guided Yoga <i>Penelope Benis</i> 12:30–1:30 p.m. ZOOM	Xpress Fitness <i>Michelle McRae</i> 7:30–8:10 a.m. ZOOM	Guided Meditation <i>Penelope Benis</i> 12:30–12:45 p.m. ZOOM	Xpress Fitness <i>Michelle McRae</i> 7:30–8:10 a.m. ZOOM	Zoom Guided Yoga <i>Karen Beck</i> 12:30–1:30 p.m. ZOOM

Anytime, Anywhere Activities!

Guided Yoga Recordings

(Home Yoga session with Penelope Benis)

Tech Neck Yoga

(10 min. guided video recovery)

Run/Jog/Walk

(Email support group)

Quick Cardio Burst

(30 min. workout)

Digital Coach

(New! On-demand daily workouts)

The Science of Wellbeing

(Improving your wellness practice)

Stanford Introduction to Food and Health

(Improving your wellness practice)

▶ **Learn more & get your Zoom login:**
bellevuecollege.edu/wellness/center/facultyandstaff/



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