TRYING TO STAY ACTIVE WHILE REMOTE LEARNING?

The Wellness Center and Department of Athletics are offering the following opportunities to stay connected with Denison while also maintaining your wellness. You can stay up to date on class schedules by visiting https://sites.google.com/denison.edu/wellnesseducation/wellness-resources/physical-wellness-resources

Current offerings:

Denison Virtual Fitness Classes
HIIT (starting March 26)
Tuesday and Thursday - 4:00 pm
Instagram live @denison_virtualfitness/

Zumba
Monday through Thursday - 5:00 pm
@denison_virtualfitness/

Pilates
(coming soon)

Seven Studio Workouts
Denison University has chosen to partner with Seven Studios to bring you daily workouts and inspiration. Denison students and staff receive unlimited access to 30+ live streamed workouts per week (and on-demand workouts, with new ones being added weekly). Seven offers yoga, pilates, core, barre, intervals(HIIT), meditation and more, taught by certified and passionate instructors.
Steps
1) Go to: livethesevenlife.com
2) Select: Offerings---->Schedule
3) Select the first class you would like to take and click on "Book"
4) You will be prompted to create an account and buy a pass or package; select the one month unlimited (normally $85 package) and type in the promocode, "Denison2020"
5) Your account will be created your passes and you will be ready to attend classes.
6) You will receive the live-streaming link an hour before the class begins; if you sign up in under and hour, you will receive a link to the class instantly (please make sure your email is correct when you sign up as that is where the links to attend class will be sent to).
7) You may choose to share your video so that instructor can coach you or you can keep your video off.

Urban Zen Classes
Rodney Yee and Colleen Saidman Yee, co-founders of Urban Zen Integrative Therapy are offering free classes on the Facebook Live platform. Go to the FaceBook page "Yoga Shanti" to learn more and find their schedule of upcoming livestreams!
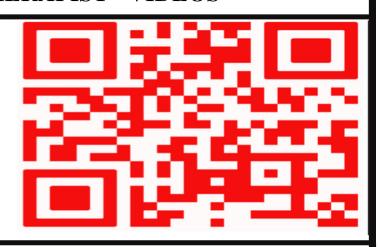
-The Wellness Center Staff & Department of Athletics Faculty and Staff

"ASK A THERAPIST" VIDEOS

Counseling staff will put out short videos each Friday to answer the questions you have about counseling, mental health, or other topics.

Got a question? Go to bit.ly/denisoncounseling or scan the QR code:

- Kelsey Jones, Whisler Center for Student Wellness

"ADS"

Tired of Reading? Want someone else to read the Bullsheet to you?

Contact weinberga@denison.edu for a complimentary audio recording of the daily sheet.

-William Kelsey and Betsy Wagner, Staff Newbies

SATIRE!

REAL ADS

When u make ur coffee at home instead of going to Starbucks

Staff "Favorite *Tiger King* Characters" Box

Jax "Joe Exotic" Preyer, "Managing Editor"
....
Isabella "Allen Glover" Puccini, Senior Editor
Sophia "Josh Dial" Menconi, Senior Editor
Charlie "Tim Stark" Schweiger, Junior Editor
....
Zach "Doc Antle" Correia, Head Writer
Jay "James Garretson" Huff, Senior Writer
Elizabeth "Kelci Saffery" Arterberry, Junior Writer
Jack "Carol Baskin" Sophomore Writer
James "Howard Baskin" Whitney, Delivery Sheriff
Katie "Jeff Lowe" Kerrigan, Foreign Correspondent

If one more person tags me in the draw a carrot thing on insta, I will lose it