

WHAT'S NEW

January 18-23, 2022

TUESDAY

MLK 2022 Observance Week

Click [HERE](#) to learn about and celebrate Dr. King through events planned throughout the week, complementing several community observances beginning with the 35th Annual Wreath Laying Ceremony at Waco's MLK Memorial Park.

As a part of this observance, we are collecting supplies (e.g., warm clothes and pet supplies) for local non-profits at a drive-through collection site at the Bobo Spiritual Life Center (parking lot on the corner of 5th Street and James Ave.) You can find a list of needed supplies and sign up to donate at the collection site [here](#). Email CES@baylor.edu to schedule a drop-off time for January 18 or 19 if you missed us on January 17.



Dr Pepper Hour

Tuesday, January 18, 3-4 p.m. in the SUB (Bill Daniel Student Center). Since 1953, Dr Pepper Hour has been a long-standing tradition of the Student Union. Sponsored by Student Activities. Click [here](#) to learn about the Dr Pepper Hour Club! Don't miss the chance to earn your DP Hour Mug.

WEDNESDAY

Baylor Women's Basketball vs. Oklahoma State

Wednesday, January 19, 7 p.m. at the Ferrell Center. For more information about Baylor Athletics events, visit: baylorbears.com.

THURSDAY

Immortal Stories featuring violinist and champion fiddler Mia Orosco Kelso

Thursday, January 20, 7:30 p.m. at Waco Hall. Mia Orosco Kelso will join the Waco Symphony Orchestra to perform Saint-Saëns's Introduction and Rondo capriccioso and will enthrall the audience with some fancy fiddling. Discounted student tickets are available for \$15. For more information, click [HERE](#). If you have questions, please contact marketing@wacosymphony.com.

SUNDAY

Baylor Women's Basketball vs. Iowa State

Sunday, January 23, 2 p.m. at the Ferrell Center. For more information about Baylor Athletics events, visit: baylorbears.com.

AWESOME OPPORTUNITIES

Work Study Job Opportunity With Baylor Sing!

Looking for a temporary work study job? Want to be involved in one of Baylor's largest traditions?? Apply to be part of the All-University Sing Prop Crew! This team manages all the stage props backstage and assists performers in Sing with preparing their set pieces for their performances. Follow [this link](#) to apply! Apps are due by Jan 20.

| SPRING 2022 FITWELL FOR ALL SCHEDULE <i>(Sponsored by Baylor Scott & White)</i> | | | | | | |
|---|--|---|--|---------------------------------------|--------------------|---|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
| 6:30-7:15 am | SUNRISE YOGA (Kim) | START UP (Nech) | SUNRISE YOGA (Kim) | START UP (Nech) | | Program Starts JAN. 24 th Only \$25/semester! REGISTER NOW!  |
| 12:15-1 pm | GENTLE YOGA (Lilly) | TABATA TONE & STRETCH (Van) | GENTLE YOGA (Lilly) | TABATA TONE & STRETCH (Van) | KIN STRETCH (Emma) | |
| 4:15-5:00 pm | TAEKWONDO FITNESS (Noor) | BOXING (Josh) | KIN STRETCH (Emma) | BOXING (Josh) | | |
| 5:30-6:15 pm | BEAR CYCLE (TBA) ZUMBA (Rose) | BEAR CYCLE (Rheanna) REFIT (Chelsea) | BEAR CYCLE (Kathi) ZUMBA (Rose) | BEAR CYCLE (Rheanna) REFIT (Maddy) | | Sunday @ 5:30-6:15 pm BEAR CYCLE (TBA) |
| 6:30-7:15 pm | BEAR CYCLE (Courtney) HIP HOP (Kayla) | BARRE TONING (Hope) | WELLNESS WEDNESDAY WORKOUTS @Earthy/ Fourtish Hall | BARRE TONING (Hope) | | Sunday @ 6:30-7:15 pm REFIT (Chelsea) |
| 7:30-8:15 pm | YOGA (Clara) | KIN STRETCH (Emma) | YOGA (Clara) | YOGA (Clara) | | Sunday @ 7:30 pm-8:15 pm YOGA (Clara) |
| 8:30-9:15 pm | REFIT (ReFit) | | BOLLYWOOD DANCE (Miri) | | | Purple Ink Classes are held in the Bearcubs Studio (SLC 3 rd floor) Red Ink Classes are held at Russell Gym |

Fit & Fun in 2022 With Baylor Fitwell Programs

The Baylor Wellness Department wants to keep you Fit & Well in 2022! [Registration](#) for FitWell for All and F45 Memberships are now open. FitWell for All membership, with almost 40 group exercise classes per week i.e. Yoga, Zumba, Refit, Barre, Bear Cycle, Boxing, and more, is only \$25 for the entire Spring semester. F45, the popular HIIT Circuit training, membership is \$50 for the entire semester and includes FitWell for All membership. Both programs will begin on Monday, January 24th. All classes January 24th -30th will be free for everyone to try out the programs on a first come first served. Space will be limited for F45 and Bear Cycle classes. Members will be able to reserve their spots in advance. For more information, email Van_Davis@baylor.edu

FITWELL EXPO 2022

Saturday, Jan. 29th

9:45 am – 2:00 pm

Foster 250

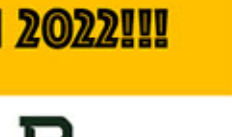
FREE!

- * COVID Facts
- * Staying Well in 2022
- * Fad Diets and Nutrition Tips
- * Fitness Tips
- * Fit Breaks
- * Door Prizes

*The Expo will conclude with a 30-minute Yoga session

To register, email Van_Davis@baylor.edu with name and cell #.

TOGETHER, LET'S BE FIT & WELL IN 2022!!!



Fitwell Expo 2022

The FitWell Expo 2022 will be held on **Saturday, January 29** from 9:45 a.m. – 2 p.m. at Paul L. Foster Business School, Foster 250. Cost for this annual fitness and wellness event is FREE for all students, faculty, staff, and dependents. Four outstanding presentations will be provided on topics including COVID, Fitness, Wellness, and Nutrition. In between each presentation, attendees will take part in mini-fit breaks including Refit, Zumba, and Tabata sessions. The event will conclude with a 30-minute Yoga session, followed by door prizes drawing. To register, click [here](#)! For more information, email Van_Davis@baylor.edu

If you have items you would like to see appear in What's New BU, submit them for consideration by Friday at 8 a.m. by clicking [here](#). View past issues of What's New BU [here](#).

Stay connected with Student Life

