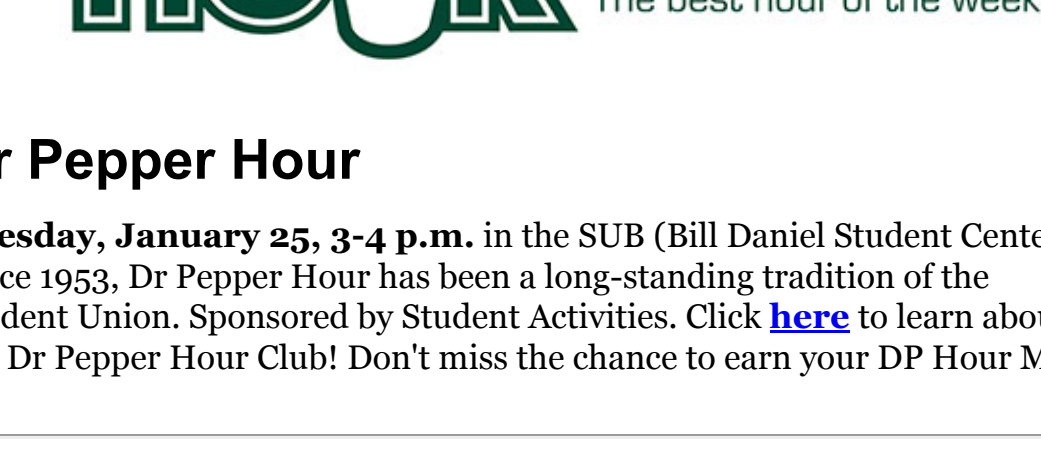


WHAT'S NEW

January 24-30, 2022

TUESDAY



Dr Pepper Hour

Tuesday, January 25, 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.

Baylor Men's Basketball vs. Kansas State

Tuesday, January 25, 7 p.m. at the Ferrell Center. For more information about Baylor Athletics events, visit: baylorbears.com.

WEDNESDAY

Wellness Wednesday Workout Starts January 26

Wednesday, January 26, 6:30-7:15 p.m. Join the Baylor FitWell staff of the Wellness Department this Wednesday for the first session of the weekly Wellness Wednesday Workout from 6:30-7:15 p.m. at the SUB, Barfield Drawing Room. This week's workout will be a smorgasbord of activities including Refit, Zumba, Bollywood, Tabata, and Yoga. Door prizes will be given out at the end of each workout session. Participants are encouraged to bring water to drink and a mat or a blanket for Yoga. For more information, email Emma_Witham1@baylor.edu or Ethan_Arredondo1@baylor.edu.

Intro to Lead Climbing

Wednesday, January 26, 7-9 p.m. at the SLC. Head over to the Rock to learn the technical skills necessary to advance in the sport of indoor rock climbing! This clinic teaches lead belaying as well as lead climbing. Register on the [Campus Recreation App](#) or at the SLC front desk. Cost is \$10. Any questions? Email campus_rec@baylor.edu.

FRIDAY

Teqball Launch at the SLC

Friday, January 28 outside the SLC. Ever wondered what a mix between 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 account for upcoming details. Any questions? Email campus_rec@baylor.edu.

Sundown Sessions at the SUB

Friday, January 28, 9 p.m.-1 a.m. The game room, located in the lower level of the Bill Daniel Student Center, is open every Friday night from 9 p.m. to 1 a.m. for an array of activities including state-of-the-art blacklight bowling, billiard tables, foosball tables, ping pong, classic board games, and a TV lounge with Wii capabilities. Follow @baylorunionboard on Instagram and @BaylorUB on Twitter! For more information, contact Shelby Hines at Shelby_hines1@baylor.edu.

SATURDAY

Well Notes with Dr. Livingstone!
 * COVID Facts
 * Staying Well in 2022
 * Fad Diets and Nutrition Tips
 * Fitness Tips
 * Fit Breaks
 * Door Prizes

REGISTER HERE!

*The Expo will conclude with a 30-minute Yoga session (Bring a mat or a blanket!)

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

Baylor University DEPARTMENT OF WELLNESS | DINING SERVICES | FITWELL

Fitwell Expo 2022

Saturday, January 29, 9:45 a.m.-2 p.m. The FitWell Expo 2022 will be held at the Paul L. Foster Business School, Rm. 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 Infections, Fitness, Wellness, and Nutrition. Dr. Livingstone will also provide inspirational "Well Notes" to kick start your 2022! 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. Come dressed for light activities and bring a mat or a blanket for Yoga. To register, click [here!](#) For more information, email Van_Davis@baylor.edu

President's Centennial Collage Concert

Saturday, January 29, 7:30 p.m. in Waco Hall. Performances by our orchestras, bands, choirs and ensembles in one extraordinary evening. These performances will be presented in rapid sequence and feature a coordinated lighting scheme that will direct attention to "where the action is." Free assigned-seating tickets available. Call 254-710-3571. For more information, click [HERE](#).

Sundown Sessions at the SUB: New Year New Me Visions Boards

Saturday, January 29, 9 p.m.-12 a.m. Hosted by Union Board and Baylor Art Club. Join us as we kick off the new year by creating visions boards!! Follow @baylorunionboard on Instagram and @BaylorUB on Twitter! For more information, contact Shelby Hines at Shelby_hines1@baylor.edu.

INTRAMURALS

Intramural Basketball Registration Closes: Tuesday, January 25.

Be sure to head over to the [Campus Recreation App](#) and register for Intramural Basketball by Tuesday, 1/25. Register using the IM Play Pass (available in the [Campus Recreation App](#)). Any questions? Email intramurals@baylor.edu.

Intramural Sports - MyRec News

Spring Intramurals

Check [HERE](#) to see what registration for new sports will be opening and closing weekly. Sign up using the IM Play Pass on the [Campus Recreation App](#) hurry! Spots will fill up fast. Any questions? Email intramurals@baylor.edu.

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 Prog 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.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30-7:15 am	SUNRISE YOGA (Kim)	START UP (Nich)	SUNRISE YOGA (Kim)	START UP (Nich)		Program Starts JAN. 28th
12:15-1 pm	GENTLE YOGA (Jilly)	TABATA TONE & STRETCH (Wes)	GENTLE YOGA (Jilly)	TABATA TONE & STRETCH (Wes)	KN STRETCH (Emma)	\$25/semester! REGISTER NOW!
4:15-5:00 pm	TAEKWONDO FITNESS (Noor)	BOXING (Josh)	KN STRETCH (Emma)	BOXING (Josh)		QR Code
6:30-6:15 pm	BEAR CYCLE (Rheanna)	BEAR CYCLE (Claire)	BEAR CYCLE (Kathi)	BEAR CYCLE (Rheanna)		Sunday @ 6:30-7:15 pm BEAR CYCLE (Claire)
6:30-7:15 pm	BEAR CYCLE (Courtney)	BARRE TONING (Kylie)	WELLNESS WORKOUTS (Barbara)	BARRE TONING (Kylie)		Sunday @ 6:30-7:15 pm REFIT (Chelsea)
7:30-8:15 pm	YOGA (Claire)	KN STRETCH (Emma)	YOGA (Claire)	YOGA (Claire)		Sunday @ 7:30 pm-8:15 pm YOGA (Claire)
8:30-9:15 pm	REFIT (REFIT)		BOLLYWOOD DANCE (Miri)			Purple Ink Classes are held in the Bearcat Studio (SLC 3rd floor) and Ink Studios are held at Russell Gym. Blue Ink Classes are held in the SLC Swimming Pool.

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 recently added, AQUA ZUMBA on T/Th at 5:30 p.m., 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 today, Monday, January 24th. All classes this week, 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 24 hours in advance. For more information, email Van_Davis@baylor.edu or Nich_Ochran@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](#).

