

# Installments

VOL 1 Issue 1

THE NUMBER TWO NEWS SOURCE AT WAKE

AUGUST

## WE'RE BRINGING FITNESS BACK (INDOORS)

Find your way to Group Fitness!

With over 75 classes per week, we are sure you will find something that fits your schedule. We have a mixed variety of barre, cardio dance, cycling, body-pump, AND MANY MORE.

All Group Fitness classes are free for undergrad students, graduate students with memberships, and faculty/staff.

### The Group Fitness Rundown

Live - in person classes held within the WF Wellbeing Center fitness studios

with certified fitness instructors.

**Remote Stream** - enjoy group fitness at the comfort of your own residence via Zoom.

**Virtual offerings** - we play it on the big screen within our fitness studios.



Fitness schedule

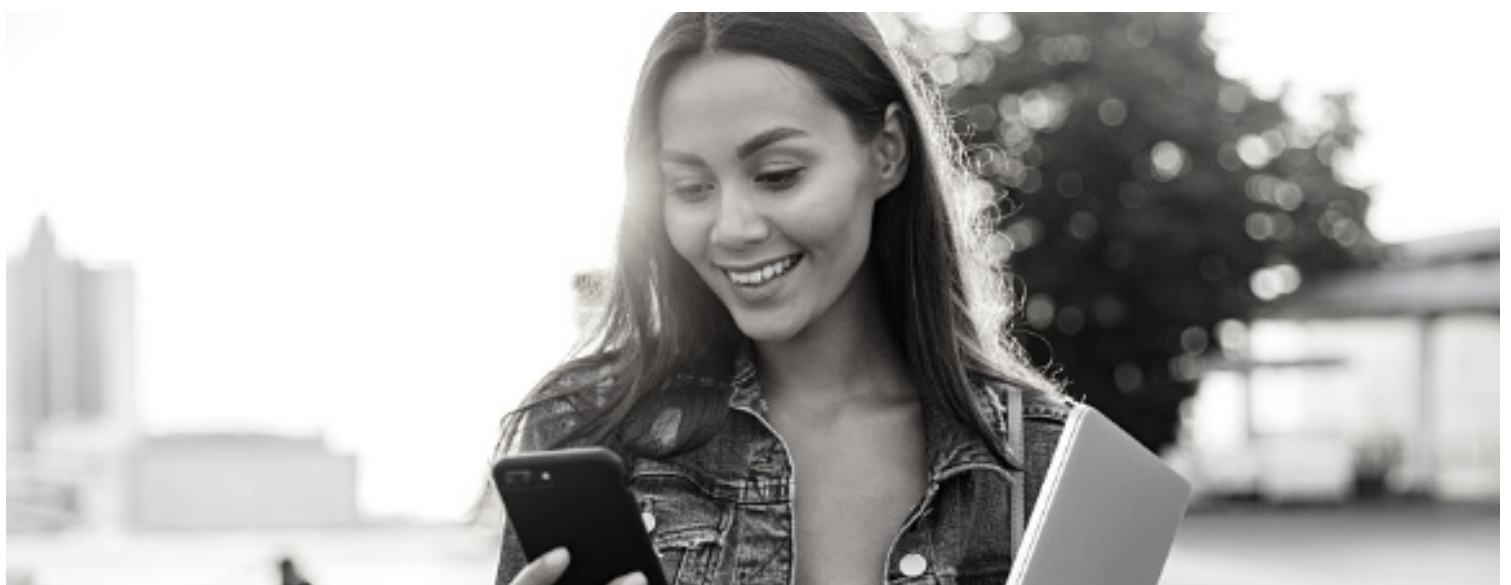
**REMEMBER RESERVATIONS**  
Weight Room, Cardio Floor, Lap Swim, Climbing Wall, and Group Fitness classes ALL require reservations. Please visit [deaconrec.wfu.edu](https://deaconrec.wfu.edu) to reserve your space!

## EVERYBODY DRINKS

Don't drink? No problem. At last count, over 1,000 undergrad Deacs identified as non-drinkers. If you do drink, be safe by keeping track of your BAC using our free BAC tracker!



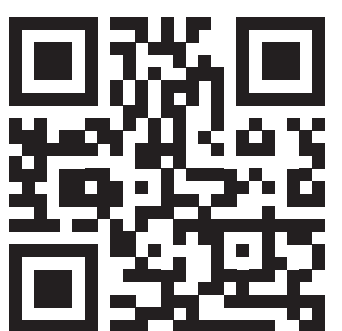
Track your BAC



## DEACSTHRIVE IS LIVE!

DeacsThrive is a service that sends mental health reminders and on-campus wellbeing resources via text.

Learn more at [go.wfu.edu/deacsthive](https://go.wfu.edu/deacsthive) or signup via the QR code.



Text to sign-up