

Installments

VOL 2 Issue 3

THE NUMBER TWO NEWS SOURCE AT WAKE

OCTOBER

WORKING ON YOUR FITNESS IS OUR BUSINESS



Fall is here and that means cooler temperatures are upon us! Stay warm and join us inside for 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, bodypump, AND MANY MORE.

Group Fitness classes

are included as part of the wellness fee for Wake Forest students who are actively enrolled as full time and acquire a WF Wellbeing Center membership.

Interested Faculty, Staff, and Wake affiliates seeking to join a group fitness class offering must first obtain a WF Wellbeing Center membership then pur-

chase a group fitness pass.

Ready to get your group fit on? Check out the schedule and reserve your spot!



NO GEAR, NO PROBLEM!

Looking to enjoy the changing color of the leaves and brisk fall air? From camping gear to paddle sports, Outdoor Pursuits can create opportunities for you and

your friends to create some fall memories locally or in the mountains of North Carolina. View our rental inventory and learn more at go.wfu.edu/outdoorrental



TAKE A MOMENT TO BE MINDFUL

MindfulWake is a program working to educate the Wake Forest community on how mindfulness and meditation can improve our lives.

All offerings of MindfulWake are free to students, staff, and faculty. Meditation both reduces stress and assists the natural melatonin production mechanisms of the body,

meaning it can help you fall asleep faster and sleep longer.

Research continues to show that meditation offers significant benefits to our mental and physical health. You can learn more about mindfulness and mindfulness opportunities at go.wfu.edu/mindful-wake

THIS MONTH

HIT THE BRICKS

October 6 at 11 A.M. - 7 P.M.

Help support the Brian Piccolo Cancer Research Fund by becoming a runner/walker at this year's Hit the Bricks.

Learn more at go.wfu.edu/htb

MILKSHAKE MONDAY

October 17 at 12-12:30pm

Benson Food Court outside of Shorty's

October 31 at 12-12:30pm

Benson Food Court outside of Shorty's

Swing by for a free milkshake that'll make your day a little sweeter!

INTRAMURAL REGISTRATION ENDING

October 13

Badminton Tournament, Indoor Soccer, Indoor Volleyball

SOBER TAILGATE

October 8 - 3 hours before kickoff

October 22 - 3 hours before kickoff

Find us at the center of the student tailgate area inside gate 4

Join us 3 hours before every home game until kickoff for free food, fun, friends, and exclusive Wake giveaways.

Sober Tailgate is a great way to bring your Deac Spirit without the spirits.

go.wfu.edu/sobertailgate