



## SPRING 2025

### • Winter Warm Up

- *Since 2016, the Blue Cross Winter Warm Up program has helped thousands of community members improve their fitness. This free eight-week program includes two weekly in-person sessions with certified Good Form Running and Walking coaches. Participants follow a proven training plan, learn key techniques, and receive weekly tips on training and nutrition. The program ends with the free Blue Cross Winter Warm Up 5K Walk/Run celebration.*

**Dates: January 20-March 15 (Mondays and Wednesdays)**

**Time: 5-6 p.m.**

**Location: 108 Bessey Hall**

**Cost: FREE**

### • Virtual Chair Yoga

- *If you can sit in a chair - you can do yoga! Chair yoga adapts some of the traditional poses of yoga to be done while seated or while standing and using the chair for support. Stretching, reaching, bending, breathing, and no mat needed. Perfect for busy days when there's no time to change into exercise wear.*

**Dates: January 7-April 30 (Tuesdays)**

**Time: 11:15- 11:45 a.m.**

**Location: Link provided after Registration**

**Cost: FREE**

**Instructor: Rebecca Kegler**

Register for  
Virtual Chair Yoga

### • Midday Moves Series

- *Take a movement break with these themed group fitness classes at MSU's Library once a month.*

**Dates: 3rd Wednesday of each month**

- **January 15: 5 for 25**

- **February 19: Dance Your Heart Out**

- **March 19: March Madness Moves**

- **April 16: Finals Flex (Virtual and in-person)**

**Time: 12:10-12:50 p.m.**

**Location: MSU Library (Green Room)**

**Cost: FREE**

Register for  
Midday Moves in  
JAN/FEB/MARCH

Register for  
Midday Moves  
for APRIL

### • Desk Decompress

- *Take a few minutes to log off and decompress while stretching and strengthening the neck, spine, wrist and shoulders.*

**Dates: January 7-May 1 (Tuesdays and Thursdays)**

**Times: 2-2:15 p.m.**

**Location: Virtual**

**Cost: FREE**

Register for  
Desk Decompress

