



SUMMER GROUP FITNESS AT UVM

Check out UVM Campus Rec [Summer Group Fitness Schedule](#).

All classes are FREE for the week of May 15-19.

Buy a UVM fac/staff full summer group fitness pass for in-person classes for only \$15!

\$15 passes are SOLD OUT
Now through 6/1 purchase a pass for \$40, Employee Wellness will subsidize the other \$40. Choose to keep moving this summer with Campus Rec!

VIRTUAL FITNESS OPTIONS

Campus Rec & Employee Wellness are committed to creating in person connection opportunities through group fitness. We understand our working lives often happen from off campus. Please utilize the library of asynchronous [Campus Rec YouTube Fitness classes](#), or try the [Headspace](#) app MOVE Mode for yoga, dance, & more.



PLAY HARD. GET FIT. LIVE WELL. GET INVOLVED.

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Go.uvm.edu/employeeewellness