

# THE WELLNESS EXPRESS

JANUARY 2, 2025 - ISSUE NO. 11

## IFC UPDATE

The back room remodel project is complete at the Illini Fitness Center!

This space is great for doing your favorite mat exercises, stretching, or performing your warm up or cool down routine. In the back room you will find TRX suspension training straps, mats, Body Bars, stability balls, and more.

Come in and check it out!



## BWC MEMBER WIN CATHY CAMPBELL

This is my second session of taking the Slow Flow Yoga class with Jamie. She is a great instructor who makes sure she talks us through each pose, every session. Jamie has a great coaching style as an instructor. I have enjoyed my classes very much and believe my balance has improved and my back stiffness/pain has improved!

## CONGRATULATIONS!

Their hard work paid off, Strength Sisters took 1st place in the BWC Fall Brawl Challenge!

Pictured from left to right:

Heidi Shaw, Amber Shaw, and Maria Fleer.

Interested in competing?

Stay tuned for details on our next challenge, Winter Warrior III!



## TIP OF THE MONTH

Coming in to the new year, focus on sustainable progress, not perfection.

Set realistic goals and remember that consistency is key.

Highlight small, measurable milestones to build confidence and momentum.

It's about improving, not being perfect.



## BWC CULINARY CLASSES FOR JANUARY

**1/7:** Soup's On

**1/14:** The Great WC Bake Off

**1/21:** Breakfast

**1/22:** Winter Wonderland Kids' Food Art Class

**1/28:** Winter Baked Treats for Horses

Cost is \$30/member and \$40/non-member.  
Classes are at 5:30 pm.

## BWC PRE-ORDER MEALS FOR JANUARY

**1/7:** Egg Roll in a Bowl

**1/14:** Baked Potato Bowl

**1/21:** Queso Pasta

**1/28:** NO PRE-ORDER

Orders are due by 2 pm on the Friday before the date listed.  
Info will be included in PR about each meal.