

# Wellness Wave

January 27th - Zumba  
February 17th - Yoga  
March 24th - Circuit  
Training  
April 14 - Pilates

Room 221  
Mondays 4-5PM

# Good Morning Monarchs

Date: Tuesday, February 25

Time: 9-11AM

Location: VB Center  
Atrium

\*FREE bagels and drinks

# Good Afternoon Monarchs

Date: Thursday, February 27

Time: 4-6PM

Location: VB Center  
Atrium

\*FREE snacks and drinks

# Exam Jam

Date: Wednesday, April 23

Time: 3:30-5PM

Location: VB Center  
Atrium

\*FREE food, drinks, and  
a campus resource fair!

Spring

Student

Events



OLD DOMINION  
UNIVERSITY

VIRGINIA BEACH

I D E A FUSION