

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

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