



This month: Free access to live/virtual classes offered to UNC SOM Employees

HOW TO REGISTER FOR A LIVE-STREAMING VIRTUAL CLASS

- Our Live Streaming Virtual Class Schedule is posted at <https://uncwellness.com/calendar/meadowmont/>
- Select day/week to view
- Select category "Virtual – classes offered virtually", then Select "Go" to view.
- Select the class to display the class description including level and equipment needed.
- Click on the Registration link in the description.
- Registration is required to participate in live streaming virtual classes. [University employees may use the membership code MED022 to access.](#)
- Once registered, a Zoom link will be automatically sent via email.
- Registered member will click link, "Click Here to Join" class.
- The Zoom waiting room will open 15 minutes prior to each class, allowing for socialization between members and staff. At the conclusion of class, members may leave on their own or stay for socialization for 5 minutes.

Questions about classes or memberships? Contact Paula Keck at Paula.Keck@unchealth.unc.edu



ROADMAP TO WELLNESS

Destination
WELLNESS

Upgrade your wellness with fee-based services:

- Personal Training: individual, semi-private, and group offerings
- Massage Therapy
- Nutrition counseling: individual and group offerings
- Performance Testing (VO2, MET, gait analysis)
- Fee-based classes

Come in to exercise on your own:

- Join our incentive programs for motivation and prizes
- Utilize FitLinxx to track your workouts electronically
- All cardio and strength equipment available

Schedule one or more free appointments to get started with a wellness professional:

- Fitness orientation
- Nutrition consultation
- Personal Training consultation

Unfreeze your membership or join UNC Wellness

- Call to schedule a tour to see how we are keeping members safe
- Visit an "Unfreeze" Friday. Check our website or call for program dates.
- Come in for a blood pressure check event (select dates)
- Join online at www.uncwellness.com

Schedule yourself for included offerings:

- Swim lane
- In-person group fitness classes
- Virtual group fitness classes

START

www.uncwellness.com | wellness@unch.unc.edu