

Bee Fit Buddies Program

Version 16

Published 3 days ago by [Mahsa Hajir](#) Last updated 2/28/2025 9:54 PM by [Mahsa Hajir](#)

Feeling Intimidated by the Gym? Hesitant to Try a Fitness Class? Don't Want to Go Alone? ☹️

Don't worry - Bee Fit Buddies is here to help! We connect Seneca students with others who share similar fitness goals, interests, and activity levels, making it more fun and less intimidating to stay active.

We will match you with a Bee Fit Buddy, and we'll set up your first meeting where you'll both receive an "Intro to Fitness" Orientation to get started. After that, it's up to you both to decide which activities or workouts you want to do together.

Registration is open until Wednesday March 5th

<https://bit.ly/BeeFitBuddies>



Bee Fit Buddies

Intimidated by the gym? Don't go alone! Bee Fit Buddies connects you with someone who makes fitness fun and less intimidating!

How to Register

- 01** Fill out the Intake Form via QR Code or Link
- 02** Get Matched
- 03** Meet your Bee Fit Buddy in Real Life!



UP 2024



Registration Opens

February 26 to March 5

<https://bit.ly/BeeFitBuddies>

****Please be advised this program is NOT intended to serve as a personal training service or a dating platform.*

