

Bee Fit Buddies Program

Version 17

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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 6

<https://bit.ly/BeeFitBuddies>

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

