

Bee Fit Buddies

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Bee Fit Buddies

About the Program

The Bee Fit Buddies program connects Seneca students who share similar fitness goals, interests, and activity levels, making it more fun and less intimidating to stay active.

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

Target Audience

Students who have never used our Fitness Centers and feel nervous or intimidated about getting started. Secondary to this, those looking for accountability, social connection and or motivation.

The Process



Step 1: Intake Form
Students will complete the form



Step 2: Get Matched
A Coordinator will reach out one week after registration



Step 3: Meet in Real Life!
Join your Bee Fit Buddy for an "Intro to Fitness" Orientation and get moving!

Registration Period

Registration Period: January 5-16, 2026

Register Here: <https://forms.office.com/r/Ur9gZv9SnX>

Quick note: this program isn't set up to provide personal training services.





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Frequently Asked Questions (FAQs)

1. Who can join?

This program is open to all full-time Seneca students from any of our three campuses: Seneca@York, Newnham, and King.

2. When is the registration period?

Registration opens January 5-16, with a max. of 50 spots per campus.

3. How will matching work?

Matching is based on participant registration, as well as preferences. While matches are not guaranteed, all participants will receive a status update about their Bee Fit Buddy. If an exact match is not available, we will match you with someone who is the most appropriate fit.

4. When will I be notified of my Bee Fit Buddy?

You will be notified via your MySeneca email one week after registration closes.

5. What information will be shared with my Bee Fit Buddy?

To get you started, your name and Seneca email email address will be shared with your Bee Fit Buddy.

6. Have additional questions?

For further questions, please email: michelle.royer@senecapolytechnic.ca

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