



BearFIT

FREE ONLINE FITNESS CONSULTATIONS

MONDAYS

12:00 p.m. w/ Johnny • 4:00 p.m. w/ Meghann

TUESDAYS

9:00 a.m. w/ Meghann • 12:00 p.m. w/ Johnny

WEDNESDAYS

12:00 p.m. w/ Johnny • 4:00 p.m. w/ Meghann

THURSDAYS

9:00 a.m. w/ Meghann • 12:00 p.m. w/ Johnny

FRIDAYS

12:00 p.m. w/ Johnny • 4:00 p.m. w/ Meghann

Register at [Recstore.wustl.edu](https://recstore.wustl.edu). Click "Programs" and select "Fitness Consultations."
Consultations are open to Summers Rec members or anyone with a WUSTL Key.
Limit one free consultation per person.