

The UW Tacoma Library Team is starting strong to finish strong, literally and figuratively! This last week we've drank a lake's worth of water, exercised from sun up with our day crew to sun down with our evening folks, worked on being kind to each other and ourselves, and culminated a list of unique, fun, fitness opportunities in Tacoma!

We created a Slack channel for the team to send each other helpful tips, reminders, and affirmations, started a team drive for notes on our official and unofficial team meetings, started a round of walking groups, and simply enjoyed the quiet moments in our days, both at work and at home. Some of our team members have begun taking part in the Whole U Tai Chi 7-week series at the Tacoma Campus, taught by University Y instructors, while others have started a Library wide healthy recipe e-book to share with our colleagues!

If you're interested in working out in Tacoma, come down south and try a variety of activities from Rock-Wall Climbing, to Aerial Yoga, Kickboxing, to Barre fitness! Here's a list of places you might want to try:

- Super Studios 253 (Formerly Barre 253) - <http://superstudios253.com/>
- Handlebar Cycling Studio - <http://www.handlebarcyclingstudio.com/>
- Edgeworks Climbing (UW Tacoma Staff & Faculty are able to get their corporate membership at \$60.30 per month plus \$60 start up, which includes 2 beginning types of classes) - <https://www.edgeworkscimbing.com/>
- Expand Yoga (10% discount for teachers, that I was told would include us!) - <https://www.expandyoga.com/>
- Climb Tacoma (Monday \$10 "Ladies Night" from 6:30-10pm and regular student discount) - [www.climbtacoma.com](http://www.climbtacoma.com)
- Tacoma Strength - <http://www.tacomastrength.com/>
- Uplift Yoga (Aerial Workouts and Yoga; Private group aerial yoga class for 4 people or more \$95 total, regular classes cheaper) - <http://www.uplift-yoga.com/>
- Figures 247 (Women's 24 hour gym; 3 day free trial; teacher's rate is \$59 a month, and would include us, as well!) - <http://figures247.com/>
- Tacoma Fitness Kickboxing (3 classes for \$20, includes a pair of gloves to keep) - <http://www.ilovekickboxingtacomawa.com/>
- b.Well Fitness Studio - <http://www.bwell247.com/>
- UW Tacoma YMCA (enrollment fee waived for staff & faculty) - <https://www.ymcapkc.org/university-ymca/>

Thank you, Whole U, from Alaina Bull, Hannah Wilson, Johanna Jacobsen-Kiciman, and Megan Saunders, the UW Tacoma Library Team!

Photos from Week #1 below!

UW Tacoma Library Team – Raise the Bar Wellness Week #1



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