



Weekly Walking Club

Xavier University

What is the Xavier University Walking Club?

Xavier walking club will meet once a week on Mondays from 12:15p-12:45p at the HUB and offers a friendly atmosphere to get some physical activity into your day, and start your week off right! Our group is led by one of our Faculty group Fitness Instructors, Victoria Vogelgesang.

When and where are the Walking Groups held?

Mondays – 12:15p - 12:45p

- All groups will meet inside the HUB by the front desk
- Currently walks will be held inside around the indoor track, but will move outside later this fall (weather permitting)

How do I register for the walking groups?

There is no registration needed. Simply show up at the HUB when available at the scheduled time for the walk and join the fun. If you have any questions about changes in starting location due to weather or otherwise, feel free to reach out to your Xavier Wellbeing Coordinator, Chris Buzzelli directly. **If attending a walk on a day when Xavier is not in session, verify with the leader/coordinator that the walk is still occurring.**

Questions? Contact your TriHealth Workplace Wellbeing & Fitness Team:

Chris Buzzelli

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Victoria Vogelgesang

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