

Des Moines Area Community College

## Open SPACE @ DMACC

---

The Bear Essentials

College Publications

---

4-16-2020

### The Bear Essentials, Edition 4

DMACC Student Life

Follow this and additional works at: <https://openspace.dmacc.edu/beaessentials>

---

# THE "BEAR" ESSENTIALS

Ideas, suggestions, and survival tips from

**DMACC**  
STUDENT LIFE

## Come Paint With Us!

### Virtual Painting Party

Deadline to get a kit is Thursday, April 16th

email: [studentinvolvement@dmacc.edu](mailto:studentinvolvement@dmacc.edu)

We are able to have the individual painting kits delivered directly to your home!

When you are done, we will have a time when you can upload your finished art and tag us on Facebook, Twitter or Instagram!

Let's create some art together!



Come Paint with us! Join us for our "virtual painting party" with our paint from home kits! We can have the kits mailed directly to your house and then we'll "meet" back up to show off our artwork! For more information email [studentinvolvement@dmacc.edu](mailto:studentinvolvement@dmacc.edu)

## REMINDER: SUMMER CLASSES START MAY 26

Taking summer classes at DMACC is a great way to get ahead, keep up or catch up! Our summer term begins May 26th, with many online options. To learn more and check out available classes, visit [www.dmacc.edu/summer](http://www.dmacc.edu/summer)

## REMINDER: REGISTER FOR FALL 2020 CLASSES NOW!

Students, registration for fall 2020 classes is underway! Also, be sure to check out the schedule of classes for fall at [www.dmacc.edu/schedule](http://www.dmacc.edu/schedule). If you have questions, please don't hesitate to reach out to your program advisor, navigator or program chair. They are here to help! You can also reach the DMACC Registration Office by emailing [registration@dmacc.edu](mailto:registration@dmacc.edu).





DMACC Campus Rec will be live on Fri., April 17th at 5pm on their facebook page with the Championship!

# STAYING ACTIVE

**TRAIL POINT™**  
AQUATICS & WELLNESS

## STRENGTH WORKOUT

No weights needed. Aim for 2 to 3 rounds per set.

#1	#2
10 Push-ups	10 Triceps push-ups
20 Squats	20 Reverse lunges
10 Triceps dips	10 Burpees
#3	#4
10 Skater jumps	10 Jump squats
20 Sumo squats	20 High knees
10 Plank jacks	10 Plank shoulder taps

Top YouTube Workouts:

- [The Fitness Marshall](#)
- [Popsugar Fitness](#)
- [Blogilates](#)
- [Yoga With Adriene](#)
- [HASfit](#)
- [FitnessBlender](#)
- [NateBowerFitness](#)



FOLLOW US FOR FUN AND INTERACTIVE POSTS!