

16th November 2020
We really hope you can get involved in some of the activities. Be Active, Create Connections and Be in touch with how you are feeling

<div>Winter Wellness KM Challenge</div> <div><div>Be Your BIGGEST Competitor</div><div>Challenge Yourself Each Day To</div><div>Be BETTER Than You Were</div><div>YESTERDAY.</div></div>		<div>Register today!</div> <div>With well over 100 Staff, Students & Alumni already signed up, we are off to a cracking start - Best of luck to all involved 😊</div> <div>You can still register: email sport@cit.ie Send us your staff/student number and the total Kms you wish to hit by the end of the 4 week challenge 🏃 You set the target! You can walk or run</div> <div>Submit your total kms by 2pm each Monday to be entered into the weekly draw for some bright useful prizes and more! 😊</div>	
<div>Ever wanted to try Zumba Dance?</div> <div></div>		<div>Fridays 1-2pm, free online class</div> <div>No experience or rhythm needed, just some space to move around, a bottle of water and maybe a towel!</div> <div>Email gym@cit.ie to receive the link</div> <div>A perfect time to try this class from the comfort and privacy of your own home. It's a fun class, something a bit different to kick start your weekends.</div> <div>Very few of us will have any experience of this class, so don't let that put you off trying! You can keep your camera off and dance to your hearts content! What is Zumba?</div>	
<div>Create Connections through Societies</div> <div><div><div><div></div><div><div>presents...</div><div>Jessica Collins</div><div>LIVE on Facebook at 6pm Monday 16th of November</div></div></div><div></div><div><div>CIT CORK INSTITUTE OF TECHNOLOGY</div><div>INSTITIÚID TEICNEOLAÍOCHTA CHORCAI</div></div></div><div><div></div><div><div>OUR FIRST COMPETITION OF THE YEAR</div><div>•Theme is "Living Our Lockdown" (L.O.L.) take a photo of something from our current lockdown, whether its yourself, someone you love, a building or anything for you that shows your lockdown. Get creative and have fun with it!</div><div>PRIZES TO BE WON</div><div>•1st place - €50 •2nd place - €25 •3rd place - €15 one for all vouchers</div></div></div></div>		<div>**** Monday ****</div> <div>Comedy - livestream gig Monday 16th from 6pm on their Facebook page. https://fb.me/e/cwGiGxWko</div> <div>Christian Union – Small groups from 7-8pm & Tik Tok Dance Night with the Cork International Student Café at 8pm, both on Zoom</div> <div>Pool & Board Games - Weekly games night 6pm – 10pm on Discord</div> <div>**** Tuesday ****</div> <div>WISTEM – MDS Webinar Tues at 6pm on Zoom</div> <div>**** Wednesday ****</div> <div>Anime & Manga – Wednesday screening <i>The Irregular at Magic High School</i> at 6:30pm on Discord</div> <div>**** Thursday ****</div> <div>Glór – Vocal workshop with Aisling Kenny at 6:30pm on Zoom</div> <div>3D Design Society – Meeting at 6.30pm on Discord</div> <div>Programming – Project workshop at 7pm on Discord</div> <div>Cyber Security – Intro to Lockpicking with Dylan Smyth at 7pm on Zoom</div> <div>**** Friday ****</div> <div>Sci-Fi – Games night at 6pm on Discord</div> <div>****Saturday****</div> <div>Sci-Fi – The Mandalorian Screening at 6.30pm</div> <div>****All Week Competitions ****</div> <div>Anime & Manga – Art Competition, check their social media pages for details. €50 prize</div> <div>Photography - Living Our Lockdown Photo Competition. 1st place €50</div> <div>Mature Students – Meme Competition, check their social media for details</div>	
<div>Yoga, Pilates and Meditation</div> <div></div> <div>Pilates focuses on strength, muscle toning, body control and flexibility with the main emphasis being core strength.</div> <div>Yoga focuses on flexibility and broad muscle groups. The focus is on improving balance, flexibility, and the mind-body connection.</div> <div>It's all about choosing or trying out which one is right for you</div>		<div>Free online classes</div> <div>Yoga</div> <div>Tuesday 7-8pm. Register on the CIT Events Website</div> <div>Wednesday 1-2pm. Email gym@cit.ie</div> <div>Wednesday 6-7pm. Register on the CIT Events Website</div> <div>Yoga & Strength for Sport</div> <div>Thursday 1-2pm. Email gym@cit.ie</div> <div>Pilates</div> <div>Tuesday 1-2pm. Email gym@cit.ie</div> <div>Mindful Relaxation</div> <div>Wednesdays 7-8pm Register on the CIT Events Website</div> <div>Looking for something more active?</div> <div>Bootcamp Mondays, 1-2pm</div> <div>Work up a sweat! Once you sign-up we will send you the workout plan on Monday morning so you can gather any weights or equipment needed (fill water bottles as weights etc). Weights are not essential but will add a challenge.</div> <div>Email gym@cit.ie</div>	

On Behalf of all the staff involved in the Health & Wellbeing Initiative. We are here to support you.

Student Services	CITSU	Access	Societies	Chaplaincy	Sports	Gym	A Healthy CIT
Student.Services@cit.ie	suwelfare@cit.ie	access@cit.ie	info@citsocieties.ie	chaplaincy@cit.ie	sport@cit.ie	Gym@cit.ie	AHealthyCIT@cit.ie
							