# Winter Wellness KM Challenge

# Be Your BIGGEST Competitor Challenge Yourself Each Day To Be BETTER Than You Were YESTERDAY.

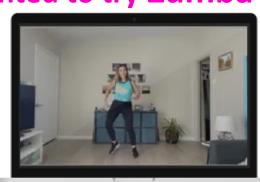
## **Register today!**

With well over 100 Staff, Students & Alumni already signed up, we are off to a cracking start - Best of luck to all involved  $\stackrel{•}{•}$ 

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 X You set the target! You can walk or run

Submit your total kms by 2pm each Monday to be entered into the weekly draw for some bright useful prizes and more! (3)

# **Ever wanted to try Zumba Dance?**



### Fridays 1-2pm, free online class

No experience or rhythm needed, just some space to move around, a bottle of water and maybe a towel!

### Email gym@cit.ie to receive the link

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.

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?

# **Create Connections through Societies**



### \*\*\*\* Monday \*\*\*\*

Comedy - livestream gig Monday 16th from 6pm on their Facebook page.

https://fb.me/e/cwGiGxWko

**Christian Union** – Small groups from 7-8pm & Tik Tok Dance Night with the Cork

International Student Café at 8pm, both on Zoom

**Pool & Board Games** - Weekly games night 6pm – 10pm on Discord

\*\*\*\* Tuesday \*\*\*\*

WISTEM - MDS Webinar Tues at 6pm on Zoom

\*\*\*\* Wednesday \*\*\*\*

Anime & Manga — Wednesday screening *The Irregular at Magic High School* at 6:30pm on

Discord
\*\*\*\* Thursday \*\*\*\*

**Glór** – Vocal workshop with Aisling Kenny at 6:30pm on Zoom

**3D Design Society** – Meeting at 6.30pm on Discord

Programming – Project workshop at 7pm on Discord

Cyber Security – Intro to Lockpicking with Dylan Smyth at 7pm on Zoom

\*\*\*\* Friday \*\*\*\*

Sci-Fi – Games night at 6pm on Discord

\*\*\*\*Saturday\*\*\*\*
Sci-Fi – The Mandalorian Screening at 6.30pm

\*\*\*\*All Week Competitions \*\*\*\*

Anime & Manga – Art Competition, check their social media pages for details. €50 prize

**Photography** - Living Our Lockdown Photo Competition.  $\mathbf{1}^{\mathrm{st}}$  place  $\mathfrak{C}50$ 

Mature Students – Meme Competition, check their social media for details

# Yoga, Pilates and Meditation



Pilates focuses on strength, muscle toning, body control and flexibility with the main emphasis being core strength.

Yoga focuses on flexibility and broad muscle groups. The focus is on improving balance, flexibility, and the mind-body connection.

It's all about choosing or trying out which one is right for you

## Free online classes

# Yoga

Tuesday 7-8pm. Register on the CIT Events Website

Wednesday 1-2pm. Email gym@cit.ie

Wednesday 6-7pm. Register on the CIT Events Website

## Yoga & Strength for Sport

Thursday 1-2pm. Email gym@cit.ie

## **Pilates**

Tuesday 1-2pm. Email gym@cit.ie

## **Mindful Relaxation**

Wednesdays 7-8pm Register on the CIT Events Website

## Looking for something more active?

Bootcamp Mondays, 1-2pm

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.

Email gym@cit.ie

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

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