



Upcoming Events!

OCTOBER

Footprints for Fatima - 5K

RESCHEDULED For November 17th

- JCU Fit is collaborating with the Arrupe Scholars - **First 50 faculty and staff enter for FREE**
- All faculty and staff who are in the portal will receive 1000 points for attendance
- If you previously registered, your registration will transfer, otherwise [REGISTER HERE](#)

JCU Benefits Fair

Wednesday, October 30th, 9am-1pm

- **New JCU Fit Sign-ups - automatically reach Level 2**
- All portal members who **attend receive 1000 points**
- All portal members who received a **biometric screening will receive 1000 points**
- All portal members who get a **flu shot will receive 1000 points**

JCUFit Staff & Faculty Yoga with Annie Siegel

Thursdays from 12 - 1pm - in the IM Gym

NOVEMBER

Tai-Chi

Fridays from 12-1pm Nov 15 - Dec 13 (except Nov 29) in the IM Gym

- Tai Chi is a multi-faceted art form that is beneficial for relaxation, balance, lower body strength, and is known to loosen stiff joints, stretch the muscles, and open the mind.

JCUFit Staff & Faculty Yoga with Annie Siegel

Thursdays from 12 - 1pm (except Nov 28) - in the IM Gym

DECEMBER

Winter Sound Bath Experience with Tiffany Haney

Monday, December 16th, 12pm-1pm in the O'Connell Reading Room

- Come experience a sound bath and get some much-needed relaxation during a very busy time of year.
- [REGISTER HERE](#)

Tai-Chi

Fridays from 12-1pm Dec 6 & 13 in the IM Gym

JCUFit Staff & Faculty Yoga with Annie Siegel

Thursdays from 12 - 1pm (except Nov 28) - in the IM Gym