



Upcoming Events!

JANUARY

JCU Fit Staff & Faculty Yoga with Annie Siegel

Thursdays from 12 - 1pm

Jan. 9 in the IM Gym

Jan. 16, 23, 30 in the Lower Level Fitness Room (Old Fitness Room by the pool)

- All levels Hatha style yoga class. Beneficial for increasing strength as well as relaxing body and mind.

Tai-Chi

Fridays from 12-1pm

Jan 31 in the Lower Level Fitness Room (Old Fitness Room by the pool)

- 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.

January Portal Challenge - Move on the Hour

Runs from Jan 13-24th

- Start the year off right by making sure you are moving every hour!
- Register through the Personify Health App or through the email

FEBRUARY

GO MOVE Challenge

Details to come

JCU Fit Staff & Faculty Yoga with Annie Siegel

Thursdays from 12 - 1pm

Feb. 6, 13, 20, 27 in the Lower Level Fitness Room (Old Fitness Room by the pool)

- All levels Hatha style yoga class. Beneficial for increasing strength as well as relaxing body and mind.

Tai-Chi

Fridays from 12-1pm

Feb. 7, 14, 21, 28 in the Lower Level Fitness Room (Old Fitness Room by the pool)

- 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.