



CITY TECH



LIVE ZOOM FITNESS

APRIL – MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
FITNESS TRAINING Phase 1 11:00 – 1:00	FITNESS TRAINING Phase 2 11:00 -1:00	FITNESS TRAINING Phase 1 11:00 – 1:00	FITNESS TRAINING Phase 1 11:00 – 1:00	FITNESS TRAINING Phase 1 11:00 – 12:00
FITNESS TRAINING Phase 1 1:00 – 2:00	FITNESS TRAINING Phase 1 1:00 – 2:00	FITNESS TRAINING Phase 2 1:00 – 2:00	FITNESS TRAINING Phase 1 1:00 – 2:00	FITNESS TRAINING Phase 2 12:00 – 1:00
FITNESS TRAINING Phase 2 2:00 – 3:00	FITNESS TRAINING Phase 1 2:00 – 3:00	FITNESS TRAINING Phase 2 2:00 – 3:00	FITNESS TRAINING Phase 2 2:00 – 3:00	ZUMBA 1:00 – 2:00
YOGA 3:30 – 4:30	ZUMBA 3:30 – 4:30	ABS FOR EVERYONE 3:30 – 5:30	YOGA 3:30 – 4:30	

STAY FIT

NEW YORK CITY COLLEGE OF TECHNOLOGY
STUDENT AFFAIRS
 ENGAGE CONNECT BELONG

TO JOIN ZOOM FITNESS - EMAIL THE TRAINER - tycfit@gmail.com
algangaram@gmail.com