



CITY TECH



GROUP FITNESS SCHEDULE

FALL 2024

SEPTEMBER - DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
CIRCUIT TRAINING Phase 1 11:00 – 1:00	CROSS FIT TRAINING Phase 1 11:00 -1:00	ABS FOR EVERYONE 11:00 – 1:00	CIRCUIT TRAINING Phase 1 11:00 – 1:00	CIRCUIT TRAINING Phase 2 11:00 – 1:00
CROSS FIT TRAINING Phase 1 1:00 – 2:00	ZUMBA 12:00 – 2:00	TRX 10 FOR EVERYONE 1:00 – 3:00	CIRCUIT TRAINING Phase 1 1:00 – 2:00	CROSS FIT TRAINING Phase 2 11:00 – 1:00
CROSS FIT TRAINING Phase 2 2:00 – 3:00	YOGA 2:00 – 4:00	CIRCUIT TRAINING Phase 1 4:00 – 5:00	CROSS FIT TRAINING Phase 2 2:00 – 3:00	
	CIRCUIT TRAINING Phase 1 1:00 – 4:00	MARTIAL ARTS Phase 1 4:00 – 6:00		

STAY FIT

285 Jay Street

(A LL204)

TO JOIN GROUP FITNESS BY APPOINTMENT ONLY

REGISTER IN ADVANCE ON THE CITY TECH RECREATION & INTRAMURAL WEBSITE

RECREATION & INTRAMURAL OFFICE

LOCATED IN ROOM A LL112