



# CITY TECH



## LIVE ZOOM FITNESS

### SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FITNESS TRAINING</b> Phase 1 11:00 – 1:00	<b>FITNESS TRAINING</b> Phase 2 11:00 -1:00	<b>ABS FOR EVERYONE</b> 11:00 – 12:00	<b>FITNESS TRAINING</b> Phase 1 11:00 – 1:00	<b>FITNESS TRAINING</b> Phase 1 11:00 – 12:00
<b>FITNESS TRAINING</b> Phase 1 1:00 – 2:00	<b>FITNESS TRAINING</b> Phase 1 1:00 – 2:00	<b>ABS FOR EVERYONE</b> 12:00 – 1:00	<b>FITNESS TRAINING</b> Phase 1 1:00 – 2:00	<b>FITNESS TRAINING</b> Phase 2 12:00 – 1:00
<b>FITNESS TRAINING</b> Phase 2 2:00 – 3:00	<b>FITNESS TRAINING</b> Phase 1 2:00 – 3:00		<b>FITNESS TRAINING</b> Phase 2 2:00 – 3:00	<b>ZUMBA</b> 1:00 – 2:00
<b>YOGA</b> 3:30 – 4:30		<b>FITNESS TRAINING</b> Phase 1 2:00 – 4:00		
	<b>ZUMBA</b> 3:30 – 4:30	<b>FITNESS TRAINING</b> Phase 2 4:00 – 6:00	<b>YOGA</b> 3:30 – 4:30	

# STAY FIT

NEW YORK CITY COLLEGE OF TECHNOLOGY  
**STUDENT AFFAIRS**  
 ENGAGE CONNECT BELONG

TO JOIN ZOOM FITNESS - EMAIL THE TRAINERS - [tycfit@gmail.com](mailto:tycfit@gmail.com)  
[algangaram@gmail.com](mailto:algangaram@gmail.com)