



# CITY TECH



## GROUP FITNESS SCHEDULE

### FALL 2023

# SEPTEMBER - DECEMBER

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