

# AHLI "Fitness Fridays" Classes Are Back!

Join Rutgers University-Newark Office of University-Community Partnerships and Advocates for Healthy Living Initiative for our weekly fun "Fitness Fridays" classes featuring certified fitness instructor Crystal Gaynor.



Keep fit in the comfort of your own home!

**Sit & Fit  
Fridays**  
12:30 p.m. - 1:00 p.m.

Click [\*\*HERE\*\*](#) to join  
Sit & Fit!

Join By Phone:

+1 (646) 558-8656

Meeting ID: 999 6621 8878

**Zumba  
Fridays**  
1:15 p.m. - 2:00 p.m.

Click [\*\*HERE\*\*](#) to join  
Zumba!

Join By Phone:

+1 (646) 558-8656

Meeting ID: 957 8933 0064

**Sponsored by: Advocates for Healthy Living Initiative (AHLI), Rutgers University-Newark Office of University-Community Partnerships (OUCP), American Heart Association, and Rutgers Global Health Institute**