

Fun Fitness Fridays Continues by Popular Demand:

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

DATES:

11/13

11/20

12/4

12/11

12/18

1/8



Keep fit in the comfort of your own home!

**Sit & Fit
Friday**

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
Friday**

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