

Join Us Each Week for AHLI "Fitness Friday"

Rutgers University-Newark Office of University-Community Partnerships (OUCP) and Advocates for Healthy Living Initiative (AHLI) offers free fitness classes featuring certified fitness instructor Crystal Gaynor



*Our goal this year is to triple our number
so do invite a friend to move with you!*

**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