Tuesdays:
Coach Hector

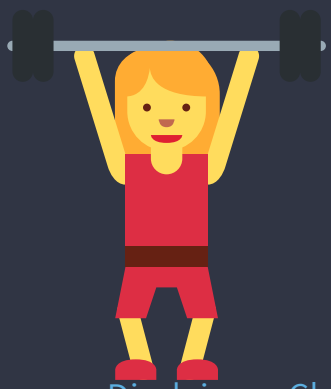
TRI-CLUB FITNESS CLASSES VIA ZOOM

Thursdays:
Coach Jen

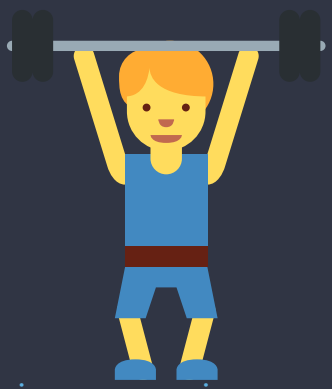
EVERY TUESDAY AT 4:00 PM
&
EVERY THURSDAY AT 11:30 AM

The workout will consist of HIIT (High Intensity Interval Training) and will focus on strength, cardio, and stability

You can register for either or both classes with the links down below:
Tuesday: https://cccconfer.zoom.us/meeting/register/tJUocOyqqjluGdJZIHqp8pNT4dGRFS4R63ho
Thursday: https://cccconfer.zoom.us/meeting/register/tJUldOyorzoiE9YX096olGn8V5rMF1sqZimV



Open to: Students, Staff, and Faculty of Cerritos College



Disclaimer: Check with your physician before participating in any exercise program. Participants are encouraged to work at their own pace throughout each Cerritos College Triathlon Club workout session and modify exercises when necessary.

If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in this event, please submit your request to AccommodationsRequest@cerritos.edu within seven (7) school days in advance of the event.