

MULTI- GYM

The College maintains its own fitness centre. It is located inside the multipurpose hall in sports complex possessing equipment for free weight exercises, bodyweight exercises, gym ball exercises / Swiss ball exercises, resistance band exercises, resistance machine exercises and stretching exercises. The Gym also holds classes for kickboxing, yoga and aerobics: 1. Weight training section: This section comprises of Olympic weightlifting weights, exercise stations, Swiss balls etc. 2. Cardio section: It consists of treadmills, elliptical trainer, cycles etc.

