



## PATRONS



Dr. T.S.K. Meenakshisundaram  
Chancellor



Dr. V. Bharathi Harishankar  
Vice-Chancellor



Dr. H. Indu  
Registrar (i/c)



Avinuity Fitness  
Club

# Existing Online Fitness Programme

## DAILY FITNESS CLASS FOR STAFF

“Morning Momentum

@5.30AM

### WhatsApp Group



+91-9843076286

## Voices of AFC Members

Being a member of AFC, following the activities motivates me to stay fit both physically & mentally. Completing the activities on par with experts gives me a sense of accomplishment and a 'feel good' start for the day. A cycle of mixed activities for a week or two gives us a holistic wellness. I wish all women take up some form of exercise to keep fit & AFC is the best place to start.

Dr. Kalaiselvi Senthil, Bio Chemistry

Attending the fitness regime @ 5.30am over the last four years with AFC has fine tuned consciousness attitude and practice towards BETTER HEALTH with consistent impact and influence on my physical and mental wellbeing. Start off in small steps today to reach higher fitness goals.

Dr. T. Geetha, Retd. Faculty

I am attending the live fitness class daily (AFC) and am thrilled by the experience! It's a challenging and rewarding session that energizes me the whole day!! No pain, no gain!!

Kudos to AFC Team for the untiring efforts to make us fit and healthy!!!

Dr. K. Mahalakshmi,  
Asst. Librarian