

SNDT Women's University Mumbai



Department of Sports & Physical Education

One Day Workshop Fitness Foundation & Training

Learning Overview

- Brief introduction.
- Theory (Foundation & Concepts)
- Practicals
 - Aerobic session
 - Strength & Conditioning
- Essentials of Nutrition



**REGISTER
NOW LIMITED SEATS**

Scan to Register



**12th, Mar'25
9:00 AM to 1:00 PM**

**Contact:
+91 98193 56650
(Mahek Sharma)
Sports Coordinator
Juhu Campus**

Fitness enthusiasts who want to get better in training and achieving their fitness and lifestyle goals.