

Health Club

The fitness club offers opportunity to our students to rediscover youthful spirit and enjoy exercise like never before. They reap the benefits of experience and expertise, sitting in the comfort of their own fitness centre. Membership of fitness club offer the members personalized training , starting from preparation based on Body Mass Index (BMI) as well as your physical and health conditions.



- Fitness centre is fully equipped fitness facility offering free weight, plate loaded and machine lifting opportunities as well as variety of aerobic machines. Our fitness Centre has been the premier spot on campus for getting, and staying, in shape. Available to the college community free of charge, the centre is open six days a week.

The main exercise room features cardio machines, including tread mills , Lat Rowing machine, Cable cross ove,r Bicycle ergo meter,,and elliptical trainers. Two circuits of strength training machines, as well as variety of free weights, allow you to shape fitness regimen.
- In addition , our students take the lead by instructing classes on yoga, aerobics and number of other activities. Fitness centre is clean , comfortable and state- of the-art .Users have access to a variety of strength and cardiovascular equipment. About 40 students are permanent visitors of the centre.