

# You are cordially invited to:

## “Reach Your Peak Fitness Camp” – Virtually!



**Andrew Randall, MPH**

Clinic Manager

Institute for Advanced Medicine

**Certified Fitness Trainer**

**Date: Every Tuesday and Thursday**

**Time: 07:00 PM - 07:30 PM**

**Place: Follow us on Instagram  @mountsinai\_fit**

### **What is Reach Your Peak Fitness Camp?**

- A fun and energetic 30minute work out/exercise class focusing on building upper body, lower body and core strength;
- Beneficial for employees of all fitness levels;
- Taught by a motivational trainer dedicated to supporting those who are interested in improving their overall health and wellness.

**This Program is sponsored by Mount Sinai Fit**

For questions, email: [Wellness@MountSinai.org](mailto:Wellness@MountSinai.org)

Please wear comfortable exercise clothing and sneakers and have a water bottle!

Classes will remain up on Instagram Live for a 24 hour period on Instagram LIVE!

Visit: [www.MountSinai.org/about/ms-fit](http://www.MountSinai.org/about/ms-fit) to view wellness service offerings

Download Instagram by clicking on the links below:



and follow us @mountsinai\_fit for our LIVE sessions at 06:55PM