

"They have great trainers here who are very good at adapting to the needs of students."
 —WORTH GOODELL '14



INSTA-STUDENT



"Going to the gym is a great way to have some alone time to reflect. I don't always give myself enough time to just think."
 —JESSICA MA '16

Let's Get Physical

Undergrads hit the gym.

"I like coming at peak hours when there are a lot of people because it motivates me to work harder."
 —DIKSHA GAUTHAM '15



"Mondays are chest and triceps, Tuesdays biceps and back, Wednesdays shoulders, Thursdays legs, Fridays circuit."
 —ERNE PICHARDO '18

