

GRG Purple Hues Fitness Studio

The of **THEERAN CHINNAMALAI COLLEGE OF ARTS AND SCIENCE FOR WOMEN** Purple Hues Fitness Studio upholds the universal truth that health is wealth. It houses two gymnasium halls, with fully automatic ultramodern comprehensive range of weights and cardio vascular training equipments such as Tread Mill, Cross trainer – EFX, Cycling, Abs Crunch, Rowing Boat, Stretching Machine, Multi Press Machine, Pectoral Fly, and Leg Press on an outlay of eighty lakhs. Activities such as Weight Reduction Program, Weight Management Program including Zumba, Bokwa, and Aerobics etc have been given by fitness experts to the registered students and faculties to maintain fitness and health.