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FOR IMMEDIATE RELEASE

Bring a Friend to "I Work Out: Team Edition" at the SRC

Northridge — The Student Recreation Center at the University Student Union is inviting all SRC members to partner up with a friend, motivate each other to work out and reap the mutual benefits along with great incentives in the upcoming "I Work Out: Team Edition." Registration is now open till Friday, June 12 and the program runs on Monday, June 1 to Sunday, June 14.

"I Work Out: Team Edition is a fun way to get working on your summer fitness goals while being motivated by your friends and cool incentives," said SRC Fitness Coordinator, Amanda Christianson. "The more milestones your team reaches, the more SRC swag you and your partner will earn – and increase your chances of winning the grand prize."

You and your friends can start signing up for 'I Work Out' online now at www.csun.edu/src/iworkout and be ready to start working out and earning team points beginning Monday, June 1.

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For each activity completed at the SRC, teams will receive one 'I Work Out' ticket to be counted towards the specific challenge categories of cardio endurance, strength, endurance and power, restorative and brainteasers. Each time a team reaches a 'Meaningful Milestone,' the team will receive one entry into the grand prize raffle per team and earn a special incentive including SRC water bottles, towels, 'I Work Out' tote bags and t-shirts. Eligible teams will be invited to compete at the final 'I Work Out' team challenge on June 19.

You can also get some great deals at the SRC Summer Sale during "I Work Out: Team Edition." Take 25% off the regular price of selected SRC programs and items at the front desk, including personal training packages, private instruction packages, swim lessons, polar products.

For more information about "I Work Out: Team Edition," please contact SRC Fitness Coordinator, Amanda Christianson at amanda.christianson@csun.edu or visit www.csun.edu/src/iworkout. For more information about the 'SRC Summer Sale' visit the SRC front desk.

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The University Student Union (USU) is committed to providing inclusion, diversity, personal growth, and providing students with services such as food, study areas, computer labs, TV lounges and events. The USU includes the Student Recreation Center, Veterans Resource Center and Pride Center. To learn more, please visit usu.csun.edu.