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**FOR IMMEDIATE RELEASE**

**“Instructional Series” Returns For All SRC Group Exercise Lovers”**

Northridge — The Student Recreation Center (SRC) at the University Student Union (USU) invites all SRC members to take part in fall 2016 edition of “Instructional Series”, occurring in two separate blocks. Block 1 will run from Sep. 6 through Oct. 6 and Block 2 is scheduled from Oct. 17 through Nov. 17. Each 5-week long series will teach fundamental exercises in a group class setting to increase efficiency of movements and techniques and help each participant gain more experience and knowledge on the equipment used.

“It can be easy to lose the fundamentals of working out and people may not realize that they are performing exercises incorrectly that could have harmful effects on their bodies,” said SRC Fitness Coordinator Amanda Christianson. “Our ‘Instructional Series’ is perfect for all fitness levels who love to work out in group setting and are interested learning proper technique and form in specialized formats.”

A variety of classes will be offered this fall, including Ocean Yoga and TRX Yoga. Each class will be taught by certified SRC instructors who will demonstrate moves that target core stability, upper and lower body strength, flexibility and more!

Class prices vary from \$20 to \$23 for students and \$40 to \$45 for non-students. To sign up for entry-level courses and for the full schedule and pricing of all classes, please visit [csun.edu/src/classes/instructional-series](http://csun.edu/src/classes/instructional-series). Sign ups for advanced courses are available at the Membership Services Desk of the SRC.

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Perfect your technique and make new workout pals during the “Instructional Series” at the Student Recreation Center this fall! For more information, please visit [www.csun.edu/src](http://www.csun.edu/src) or contact SRC Fitness Coordinator Amanda Christianson at [amanda.christianson@csun.edu](mailto:amanda.christianson@csun.edu).

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*