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FOR IMMEDIATE RELEASE

“Train Like a Pro Boxing Challenge” at the SRC

Invites Members to Take Workouts to the Next Level

Northridge – The Student Recreation Center (SRC) invites all of its members to expand their current workout routine and enhance their boxing skills at the “Train Like a Pro Boxing Challenge”. From Monday, Feb. 20 to Saturday, Feb. 25 in the SRC Determination Studio during Boxing Training Program (BTP) hours, members of all skill levels can participate in this weeklong challenge. Whether you are experienced or a beginner, it will increase your knowledge of boxing fundamentals while also providing a fun and rigorous full body workout with a multitude of boxing techniques.

Participants will also be eligible to enter a raffle by completing challenge goals for a chance to win an awesome Boxing Essentials pack. Sign up now on the SRC Challenges Portal and the first 30 members to register will get a free pair of boxing hand wraps.

“The ‘Train Like a Pro Boxing Challenge’ is perfect for interested boxers of all skill levels,” said Amanda Christianson, SRC Fitness Coordinator, “With our trained staff available to teach the proper techniques of boxing and the chance to win a great prize, participants will become better boxers in no time.”

There will be five skill goals to complete in the challenge, including shadowboxing, heavy bag, speedbag, jump rope and sparbar. To be eligible for entry in the Grand Prize raffle, participants must complete 4 out of 5 of these challenges. Participants who

complete all 5 goals will receive one additional raffle ticket and the first 10 who complete all goals will have their name added to the Determination Studio leaderboard. Two grand prizes will go to winners of the raffle. Each will receive the Boxing Essentials pack, which includes an SRC drawstring bag, SRC ear buds, boxing gloves and more.

All challenge workouts must be completed during BTP hours and self-logged on the SRC Challenges Portal. Non-SRC members may participate in the challenge by purchasing a guest pass each day they enter the facility and be accompanied by an SRC member at the time of entry.

SRC members can sign up for the “Train Like a Pro Boxing Challenge” either at the Determination Studio during boxing training hours or online at www.csun.edu/src/src-fitness-challenges. First time participants in the Boxing Training Program are required to attend a 55-minutes orientation with a Boxing Fitness Assistant.

Sign up for the “Train Like a Pro Boxing Challenge” today and experience a great new way to take your workout to the next level. For more information please visit www.csun.edu/usu.

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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.