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Contact: Sarah Shabbar, Public Relations Assistant
sarah.shabbar.17@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Advisory

Shed Those Thanksgiving Calories at SRC's "Turkey Burn-Off Challenge"

- WHAT:** The Student Recreation Center is inviting all current SRC members to get out of their food coma from those extra Turkey Day calories and back into shape at its "Turkey Burn-Off Challenge," a fun series of special holiday themed exercise classes available for the three days after Thanksgiving.
- WHO:** Angela Faissal, SRC Fitness Coordinator, is responsible for this event.
- WHEN:** Friday, Nov. 27 to Sunday, Nov. 29
- WHERE:** SRC
- WHY:** Provide students a special inspiration and unique opportunity to stay healthy during the holidays.
- BACKGROUND:** "Turkey Burn-Off" featured classes will include "Crazy Cornucopia" Cycle, "Voyage to the Unknown" FitWall, "Harvesting Strength" Bootcamp, "Turkey Burning" Zumba and "Grateful" Yoga. Class registration opens Nov. 23 through the SRC MindBody Portal. By using the SRC Fitness Tracker program and entering at least 2 workouts using the "CSUN SRC" app. Participants will be entered into a raffle to win one of many great prizes plus receive a commemorative to-shirt for participating in the challenge.
For more information, please visit www.csun.edu/src.

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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.