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Media Advisory

“Log Rolling” at the SRC Keeps Matadors From Falling Off Their Fitness Goals

- WHAT:** The Student Recreation Center (SRC) at the University Student Union invites all CSUN students, faculty and staff to participate in “Key Log Rolling” a unique, fun and low impact swimming pool workout you can enjoy with your friends. Starting Monday, Sept. 25, join in an exciting and safe way to enjoy the pool while getting a full body workout!
- WHO:** Ryan Hairapetian, Aquatics Coordinator, is responsible for coordinating this event.
- WHEN:** Key Log Rolling every Monday, Wednesday and Friday from 3 to 6 p.m.
- WHERE:** The SRC Pool
- WHY:** Give students the opportunity to stay fit during the school year and experience a fun new workout.
- BACKGROUND:** In this workout similar to log rolling events you’ve seen on TV, participants will use the Key Log Roller, a 65-pound synthetic log that floats, spins and reacts just like a traditional cedar wood log. SRC members can put their balancing skills to the test, while giving their core, legs and upper body a great workout. Individuals interested in “Key Log Rolling” should arrive at the SRC pool deck between the hours of 3 and 6 p.m. for the chance to participating. Please visit csun.edu/src/aquatics or call SRC Aquatics at (818) 677-5434 for more information

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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.