



September 4, 2018

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Media Advisory

Take Part in a Fun Full-Body Workout with “Log Rolling” at the SRC Rec Pool

- WHAT:** The Student Recreation Center (SRC) at the University Student Union invites all SRC members, faculty and staff to participate in “Log Rolling” in the Rec Pool. Come experience this exciting, unique and low impact swimming pool workout that members can enjoy with their friends. Starting Wednesday, Sept. 5, join in on the fun with this safe, full body workout!
- WHO:** Ryan Hairapetian, SRC Aquatics Coordinator, is responsible for coordinating this event.
- WHEN:** From Wednesday, Sept. 5, to Friday, Nov. 16, Log Rolling will be available every Monday, Wednesday and Friday from 3 to 6 p.m.
- WHERE:** Located in the SRC Rec Pool at the University Student Union.
- WHY:** Provide students a fun opportunity to stay fit during the school year and experience a unique workout.
- BACKGROUND:** In this workout similar to log rolling events seen on TV, participants will use the 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 improving their endurance and building core strength. Individuals interested in participating can arrive at the SRC Rec Pool deck on Mondays, Wednesdays, and Fridays from 3 to 6 p.m. For more information, visit csun.edu/src/aquatics.

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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.