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Media Advisory

Get a Fun Full-Body Workout with “Log Rolling” at the SRC Rec Pool in the University Student Union

- WHAT:** The Student Recreation Center (SRC) of the University Student Union invites all SRC members including students, faculty and staff to participate in the excitement of “Log Rolling”. Come experience this unique low impact swimming pool workout that you can enjoy with your friends. Starting Friday, March 1, join in on the good times with this safe, full body workout every Monday, Wednesday, and Friday.
- WHO:** Ryan Hairapetian, SRC Aquatics Coordinator, is responsible for coordinating this event.
- WHEN:** Log Rolling will be available 3 p.m. to 6 p.m. every Monday, Wednesday and Friday—starting March 1 and ending May 24.
- 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 pool deck on Mondays, Wednesdays, and Fridays from 3 p.m. to 6 p.m. No registration needed. 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.