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Media Alert

Experience Wicked Glow-in-the-Dark Workouts During Neon Fitness Frenzy- Hal-GLOWeen Edition at the SRC

- WHAT:** The Student Recreation Center (SRC) of the University Student Union (USU) invites all SRC members to work out with a special ghastly glow during the weeklong *Neon Fitness Frenzy- Hal-GLOWeen Edition*. Turn the lights out and turn up the glow-in-the-dark fun during select group exercise classes including Zumba®, Bootcamp, Cycling and Yoga. Every time attendees attend a Neon Fitness Frenzy Group Exercise class, they will be entered in a raffle for a chance to win a \$100 VISA gift card. Enjoy a whole new level of excitement with these workout routines!
- WHO:** Amanda Christianson, Acting Co-Director, SRC is responsible for this event.
- WHEN:** Monday, Oct. 24 to Saturday, Oct. 29
- WHERE:** Motivation and Inspiration Studios, Student Recreation Center
- WHY:** This event gives SRC members a fresh and fun change to their usual workout schedule and encourages them to stay active.
- BACKGROUND:** This Halloween season, the SRC is bringing the most eclectic glow-in-the dark experience for members to enjoy their favorite Group Exercise classes. To register, visit the USU Rec and Wellness Portal starting Monday, Oct.17. For more information on *Neon Fitness Frenzy- Hal-GLOWeen Edition* and the SRC, please visit 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, lounge spaces, prayer room, lactation 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, Veterans Resource Center, DREAM Center, USU Board of Directors, Computer Lab, Games Room, USU Programs and more. For additional information, please visit www.csun.edu/usu.