

April 3, 2019

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## **Media Advisory**

### **Do Your Favorite Workout and Glow-in-the Dark during “Neon Fitness Frenzy: Decades of Fitness” 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 glow during the weeklong “Neon Fitness Frenzy: Decades of Fitness” event. SRC members can experience their favorite group fitness classes ranging from cycling to yoga with two exciting twists. Throughout the week, you can actually glow-in-the-dark during fun classes themed for the 70’s, 80’s, and 90’s! All participants will receive a welcoming gift for attending and be entered into an awesome raffle to win a \$50 Visa gift card. Switch up your workout routine and join the fun of “Neon Fitness Frenzy: Decades of Fitness”!
- WHO:** Amanda Christianson, SRC Fitness Programs Coordinator, is responsible for this event.
- WHEN:** Registration is open from Monday, April 15, through Friday, April 19. This event will take place from Monday, April 22, to Friday, April 26.
- WHERE:** The glow-in-the-dark group fitness classes will be held in various locations at the Student Recreation Center of the USU.
- WHY:** This event gives SRC members a fresh and fun change to their usual workout schedule.
- BACKGROUND:** This event will be a colorful blast from the past with the added bonus of working out in your favorite group class. Participants will receive an awesome gift! You can also get multiple raffle entries by attending multiple classes. Just register online for your preferred classes through the SRC MindBody Portal and can do so as early as one week in advance. For more information on this event and the Student Recreation Center, please visit [csun.edu/src](http://csun.edu/src). For more information on the University Student Union, please visit [csun.edu/usu](http://csun.edu/usu).

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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](http://www.csun.edu/usu).