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## Media Advisory

### Test the Waters with an Exciting “Wipeout Workout” in the SRC Rec Pool of 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 come and experience our “Wipeout Workout”. It’s wet fun for everyone and you’ll definitely make a splash with these unique in-water activities. From August 24 until November 1, the epic Wibit In-Water Obstacle course will be available during all SRC pool hours, 7 days a week and you can take on the challenge of Log Rolling on Mondays, Wednesdays, and Fridays from 3:00 p.m. – 6:00 p.m.
- WHO:** Ryan Hairapetian, SRC Aquatics Coordinator, is responsible for coordinating this event.
- WHEN:** This semester from August 24 to November 1.
- WHERE:** Located in the SRC Rec Pool at the University Student Union
- WHY:** This event provides SRC members a chance to experiment with fun and unique water workouts all while achieving a full-body exercise.
- BACKGROUND:** For a limited time, SRC members can enjoy our “Wipeout Workout” series at the SRC Rec pool. In-water activities are a great way for SRC members to take a break from your normal workout routine to challenge your body in a new and unique way. The In-Water Obstacle Course allows SRC members to put your balance and quick-thinking skills to the test during this fun new workout option. Log Rolling will also test your balance while you improve endurance and build core strength by trying to stay on the spinning log as long as possible. No registration is required for these programs. For more information, visit [csun.edu/src/aquatics](http://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](http://www.csun.edu/usu).