



February 23, 2015

Contact: Sarah Shabbar, Public Relations Assistant,
sarah.shabbar.17@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Advisory

“Spring Instructional Series” Blocks 2 and 3 Coming Up at the SRC

- WHAT:** The Student Recreation Center at the University Student Union invites all SRC members to take advantage of our exceptional fitness opportunities during “Spring Instructional Series” Blocks 2 and 3. You can choose from two of our most popular classes, Pilates Reformer and TRX® Yoga.
- WHO:** Amanda Christianson, SRC fitness coordinator, is responsible for coordinating this event.
- WHEN:** Block 2-
-Registration from Monday, Feb. 23 through Sunday, March 1.
-Classes will run from Monday, March 2 to Thursday, April 2.
- Block 3-
- Registration from Monday, March 30 through Sunday, April 5.
-Classes will run from Monday, April 6 to Thursday, May 7.
- WHERE:** Student Recreation Center
- WHY:** Provide SRC members an opportunity to try a unique group exercise format as well as enhance their well-being.
- BACKGROUND:** Members can sign up at the Membership Services Desk in the SRC. Make the most of your spring semester with Pilates Reformer or TRX® Yoga classes. For more information about “Spring Instructional Series” Blocks 2 and 3 please contact Amanda Christianson at amanda.christianson@csun.edu

###

The University Student Union (USU) is committed to providing inclusion, diversity, personal growth, and providing students with services such as food, study areas, computer labs, TV lounges and events. The USU includes the Student Recreation Center, Veterans Resource Center and Pride Center. To learn more, please visit csun.edu/usu.