



November 13, 2014

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

Shed Those Thanksgiving Calories at SRC's "Turkey Burn-Off"

- WHAT:** The Student Recreation Center is inviting all current SRC members to get out of their food coma from those extra Turkey Day calories and get back into shape at "Turkey Burn-Off", a fun series of special holiday themed exercise classes on the day after Thanksgiving.
- WHO:** Amanda Christianson, SRC fitness coordinator, is in charge of planning this event.
- WHEN:** Friday, Nov. 28 from 10:30 a.m. and 12:30 p.m. (Registration begins on Friday, Nov. 21.)
- WHERE:** SRC at the University Student Union
- WHY:** Provide students special inspiration and unique opportunity to stay healthy during the holidays.
- BACKGROUND:** Featured classes will include, "Plymouth Rock" boxing, "Grateful" Gentle Yoga, "Crazy Cornucopia" Cycling, "Cranberry Mash" Roll and Release, "Voyage to the Unknown" FitWall Mania, "Harvesting Strength" TRX Suspension Training and "Pilgrim" Power Pilates. A new class will begin every 30 minutes between 10:30 a.m. and 12:30 p.m. For more information or to register, go to www.src.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 usu.csun.edu.