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**Media Alert**

**Make a Splash at “Wipeout Workout” with Fun Water Activities for Everyone at the SRC**

- 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”. You’ll definitely make a splash this spring with these unique in-water activities. From March 1 to May 22 in the SRC Rec Pool, the epic Wibit In-Water Obstacle course will be available to you during regular pool hours, 7 days a week. In addition, you can take on the challenge of Log Rolling on Monday, Wednesday, and Friday from 3 to 6 p.m.
- WHO:** Ryan Hairapetian, SRC Aquatics Coordinator, is responsible for coordinating this event.
- WHEN:** From March 1 to May 22
- WHERE:** SRC Rec Pool.
- WHY:** This event provides SRC members a chance to experiment with fun and unique water workouts while achieving a full-body exercise.
- BACKGROUND:** This spring semester, 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 advantage of the great Southern California weather. Add some fun to your normal workout routine to challenge your body in a new and unique way. 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, 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, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*