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FOR IMMEDIATE RELEASE

**Students Can Take Their Workouts to a Whole New Level
at the SRC's "Train Like a Pro Boxing Challenge"**

Northridge — The Student Recreation Center (SRC) at the University Student Union (USU) encourages all SRC members to put on the boxing gloves and expand their workout skills at the “Train Like a Pro Boxing Challenge”. From Monday, Nov. 7 to Friday, Nov. 11 during regular Boxing Training Program (BTP) hours in the Determination Studio, members will enhance their fitness routines with lessons in fundamental boxing skills and techniques focused on the areas of shadowboxing, heavy bag, speedbag and jump rope. Participants will also have the opportunity to win great raffle prizes during this exciting boxing challenge event.

“We love to challenge our members in any and all areas of physical activity to help them improve their fitness abilities,” said SRC Fitness Coordinator Amanda Christianson. “The ‘Train Like A Pro Boxing Challenge’ offers them the fun of learning new skills along with a chance to win a prize – whether they have some boxing experience or they’re a complete beginner.”

Participating members can register for the boxing challenge and track their workouts through the SRC Challenges Portal. The first 60 members to sign up will receive a free pair of boxing hand wraps. First-time Boxing Training Program attendees must complete a 55-minute orientation before participating in the challenge.

Participants will be expected to complete 15 rounds in each of the four specified skills of shadowboxing, heavy bag, speedbag and jump rope. Completion of each skill will give you one entry into the Grand Prize Raffle with a total of four entries maximum. The featured prize is one of two Boxing Essential Packs, which include an SRC drawstring bag, SRC ear buds, boxing gloves, hand wraps, BTP jump rope and a BTP stress glove.

Sign up today and test your boxing skills for a chance to win awesome prizes at the “Train Like a Pro Boxing Challenge”! For more information, please visit www.csun.edu/SRC or contact SRC Fitness Coordinator Amanda Christianson at amanda.christianson@csun.edu.

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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.