



August 27, 2020

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FOR IMMEDIATE RELEASE

**Reach Your Fitness Goal in Just Six Weeks
with “Virtual Fit in 6” at the SRC**

Northridge– The Student Recreation Center (SRC) of the University Student Union (USU) invites all Matadors to reach their fitness goals this fall semester with “Virtual Fit in 6”. Starting Monday, Sept. 14 to Sunday, Oct. 25, enhance your workout in just six weeks with a weekly online fitness meeting hosted by a professional personal trainer. Stay active while social distancing with the SRC!

“The SRC continues to provide the great resources we offer Matadors to get stronger and healthier,” said Alfredo Padilla, Fitness Training Manager at Student Recreation Center. “Participants will be paired up with one of our personal trainers who will work with their schedule and help them transform into the best version of themselves.”

This fun and effective program will help you in creating sustainable fitness and nutrition habits this Fall semester. Registration is open until Wednesday, Sept. 2 through the SRC Portal. Once you register, you’ll be invited to attend the mandatory virtual orientation to go over your “Virtual Fit in 6” expectations. But hurry, registration is first-come, first-served and the limited spots are filling up fast! If you successfully complete this exciting six-week challenge, you’ll be entered into our raffle for the chance to win awesome prizes such as a 2 Personal Training Session Package, a 5 Personal Training Session Package, 10 Personal Training Session Package and a TRX HOME2 SYSTEM!



Take on the six-week challenge to get up and get active this Fall with the SRC at “Fit in 6”! For more information, please visit csun.edu/src or contact Alfredo Padilla, Fitness Training Manager at alfredo.padilla@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, 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.