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Contact: Lilibeth Orozco, Public Relations Assistant
lilibeth.orozco.185@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

FOR IMMEDIATE RELEASE

**Get Up and Get Moving at “Mega Sweat Sesh”
with Your Favorite SRC Instructors**

Northridge– The Student Recreation Center (SRC) of the University Student Union (USU) invites all Matadors to feel the burn with their favorite SRC instructors at “Mega Sweat Sesh”. From Wednesday, Sept. 30 to Wednesday, Oct 21, get up and get moving with the SRC’s live-stream workouts where you can experience a great line-up of exercise sessions in the comfort of your own home. Whether you prefer to get your sweat on with Dance Strength Fusion or with a HIIT Yoga Fusion session, don’t miss out on your favorite workouts!

“There are so many ways our SRC members can keep moving and stay fit at home,” said Amanda Christianson, SRC Fitness Programs & Wellness Manager. “We are here to provide you our fitness resources virtually so Matadors can break a sweat without breaking physical distancing.”

Experience this fun opportunity to sweat it all out at the “Mega Sweat Sesh” during two different installments live on Zoom. Grab your workout towel and show off your moves at the first installment with Dance Strength Fusion on Wednesday, Sept. 30. Keep the sweat going with the second installment of HIIT Yoga Fusion on Wednesday, Oct. 21. It’s FREE for all CSUN students and only \$5 for CSUN faculty, staff and alumni! As a reward for your



hard workouts, all attendees will be entered in a raffle for a chance to win a \$25 gift card!

To confirm your spot, be sure to register on the SRC Portal page for the first installment from Wednesday, Sept. 23 to Wednesday, Sept. 30 and for the second installment from Wednesday, Oct. 14 to Wednesday, Oct. 21. Everyone interested in joining these sessions is invited to participate.

So, come get your sweat on with your favorite SRC instructors at “Mega Sweat Sesh”! For more information, please visit csun.edu/src or contact 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, 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.