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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

**Stretch It Out with HIIT Yoga Fusion during
“Mega Sweat Sesh” featuring 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 during “Mega Sweat Sesh”. On Wednesday, Oct. 21 from 6 to 7:30 p.m., join us for a heart pumping HIIT workout followed by an amazing yoga stretch flow.

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

Don’t miss this opportunity to experience a real “Mega Sweat Sesh” during this fun yoga installment live on Zoom! It’s FREE anyone apart of the CSUN community! As a reward for participating, all attendees will be entered in a raffle for a chance to win amazing prizes including one of four \$25 gift cards, and a vibrating foam roller from Hyperice (\$199 Value)!

To confirm your spot, be sure to register on the SRC MindBody portal for HIIT Yoga Fusion from Wednesday, Oct. 14 to Wednesday, Oct. 21. Everyone interested is invited to participate in this fun stay-at-home workout with their fellow Matadors.



So, come get your sweat on with your favorite SRC instructors during “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.