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FOR IMMEDIATE RELEASE

**CSUN Students Meet New Friends and Learn New Workouts
at the SRC's "Spring 2016 Instructional Series"**

Northridge — The Student Recreation Center (SRC) located at the University Student Union (USU) invites all CSUN students, faculty and staff to sign-up for its exciting and highly effective exercise program, the “Spring 2016 Instructional Series.” Starting Monday, Feb. 8, this 5-week program will teach SRC members how to properly execute movements on specialized equipment while enhancing overall health and wellness.

“We want SRC members to learn the progressive movements and formats for our equipment while having our certified instructors safely guide them in proper form and technique,” said Sandra Salute, Assistant Director of Fitness and Wellness, “Our group exercise classes are also a great place to meet like-minded and motivated individuals.”

The program will offer three 5-week blocks running from Feb. 8 until May 19 in both the Inspiration and Determination Studios. Registration will be open for an entire week before each block begins and you can register for the series of your choice at the Membership Services Desk in the SRC.

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Instructional Series formats available this Spring include Pilates Reformer, TRX® Yoga as well as a new and exciting series called Ocean Yoga™! Each series will be taught by an SRC certified group exercise instructor. Student prices for each 5-week series range from \$18 to \$20 and \$36 to \$ 40for non-students.

CSUN students, faculty, and staff are encouraged to come and challenge themselves with new workouts and meet new people at the “Spring 2016 Instructional Series”! For more information on available series, schedules and pricing please visit the SRC website at www.csun.edu/src or call the SRC at (818) 677-5434.

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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.