

February 29, 2012

Contact: Danyial Motiwala, Public Relations Assistant
danyial.motiwala.21@my.csun.edu or
Kevin Lizarraga, Marketing Manager
University Student Union, Inc.
California State University, Northridge
(818) 677-2875
kevin.l.lizarraga@csun.edu

Media Advisory

Reach Your Fitness Goals With Cardio Classes

- WHAT:** The Student Recreation Center (SRC) will offer free cardio classes for students. There are 11 types of classes that range from TRX® Body Blast and X-treme Bootcamp to Cardio Dance: Belly Dancing and Cardio Fusion.
- WHO:** Sandra Salute, SRC fitness and wellness coordinator, is responsible for all group exercise classes that are offered in the SRC
- WHEN:** Monday to Saturday: classes begin as early as 9:30 a.m. and the last class will start at 7:45 p.m.
- WHERE:** Motivation Studio, located on the first floor of the SRC
Inspiration Studio, located on the second floor of the SRC
Determination Studio, located on the second floor of the SRC
- WHY:** Most students want to either get in shape, or stay in shape and group cardio classes is one way of reaching this goal. The classes provide a sense of accomplishment and encourage participants to work harder to increase their fitness levels. Whether students want extreme classes or more party-style dance classes, the SRC offers fun ways to workout for all.
- BACKGROUND:** Cardio classes that are offered include Strength and Conditioning, Matador Boot Camp, X-treme Bootcamp, Cardio Dance: Hip Hop and Belly Dance, Rockin' Body Sculpt, Cardio Fusion, Hip Hop Chisel, TRX® Suspension Bootcamp, TRX® Body Blast, and TRX® Suspension Training. A full schedule of group exercise classes is available at <http://src.csun.edu/programs/classes.php>

###

The Student Recreation center (SRC) is committed to providing the CSUN community with opportunities for exercise and other recreation/leisure time activities that promote lifelong wellness and support student recruitment and retention. Also, to create recreational programs and facilities that foster CSUN spirit, and provide an environment that is welcoming, comfortable and fun. To learn more, please visit src.csun.edu.