

vol. 2 | issue 1 | august 28

RECREPORT



NEW EQUIPMENT

SRC gets new equipment
for new school year

p 4

IM LEAGUES

What it is, why people do it,
and how you can join!

p 6

PLUS

Meet our
Personal Training staff
and see our Fall 2017
event schedules

IN THIS ISSUE



READ ME ONLINE!



Scan the QR code using Snapchat or Twitter and have the ability to click each title for more information!

Staying Social



/csubsrc

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NEW EQUIPMENT

Check out our new gear for the fall semester!

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PLATFORMS



The **lifting platforms** are a new addition on the Fit Floor. These stations will allow participants to use bumper plates in order to execute lifts such as deadlifts, snatches, cleans, and jerks. Make sure to keep the platforms clear of equipment other than the barbell and bumper plates. The SRC will not allow the use of chalk, but there will be liquid grip for sale at the front desk. Orientations will be scheduled throughout each week to provide equipment orientations to further your knowledge or learn about the use of this equipment. You can always ask an SRC staff member for assistance.



INDOOR CYCLING BIKES

The new **Schwinn indoor cycling bikes** are a top-of-the-line product! The 18 new participant bikes focus on rider comfort, better adjustment for handlebars, and smooth riding. The bikes are outfitted with a digital console that tells participants their distance traveled, power output, and RPM (revolutions per minute) while riding during a class. This will help participants monitor intensity and see how they improve from one week to the next. The new bikes will also bring along exciting new programming including Cycling in the Dark, Cycling Karaoke, and Cycling Movie Nights. Check the Group X Schedule for class times on pg 22.

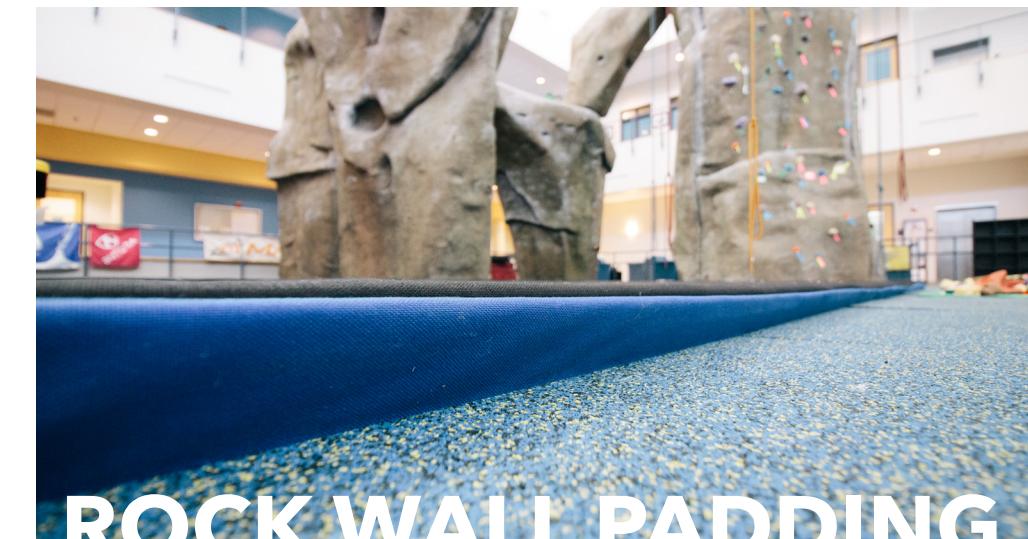
WHAT'S NEW

We've listened...and we've delivered.



POWERMILLS

Two new **PowerMills** have been added to the Fit Floor. With high demand from participants... you asked, and we listened! PowerMill machines simulate walking up a staircase, while targeting the lower body muscle groups—calves, quadriceps, hamstrings, and glutes. In addition to a muscular endurance workout, PowerMills also deliver a powerful cardiovascular workout by keeping the heart rate in a continuous climb. Remember to keep core muscles engaged and stop the machine completely before exiting off the back onto the assistive steps.



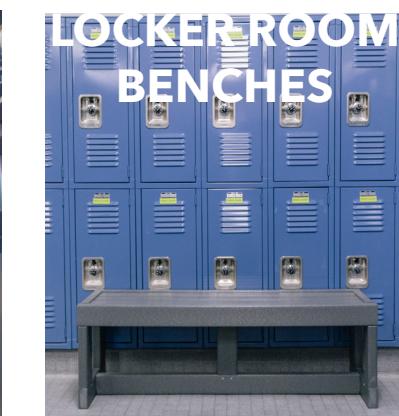
ROCK WALL PADDING

You may notice a change at the rock wall. We have had the floor replaced over the summer and decided to upgrade with a **new padding system** around the bouldering area. The Asana padding system has been custom fit to our bouldering wall area and will provide better protection while bouldering, and offers a softer landing than the old tile flooring. We still have the drag pads available in the area if you would like a little extra cushioning.



GENERAL UPDATES

FIT FLOOR UPDATE



LOCKER ROOM BENCHES



MIRRORS



GROUP X BARBELL

GROUP X BARBELL

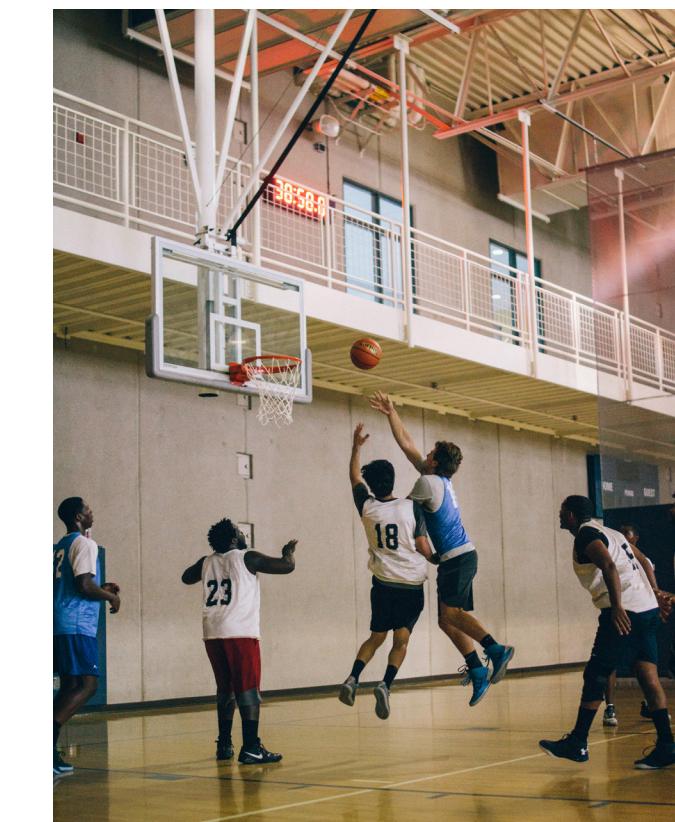
CHOOSE YOUR SPORT

During the span of 5 weeks, four teams faced each other to be the champions of the 2017 inaugural Summer Intramural Basketball League. Intramural Leagues are team sports that anyone with an SRC membership can join. You don't need any equipment or experience, and it's a minimal time commitment: one hour, once a week. Also, intramural activities are included in your SRC membership.

"I found out through Instagram initially" says Justin McKinley, a participant of the Summer IM Basketball League. He had first signed up two years ago for a flag football league. McKinley's favorite part of playing in intramural sports is being able to not just play the sport, but being able to play with friends; "it doesn't get any better than that."

The Intramural Sports program was a part of CSUB even before the construction of the SRC building started in 2007. Organized through Student Activities, the leagues included flag football and basketball. In 2009, Kareem Bland joined the SRC staff and took over the Intramural program. "We had to start from scratch... our program is only eight and a half years old right now," Bland says.

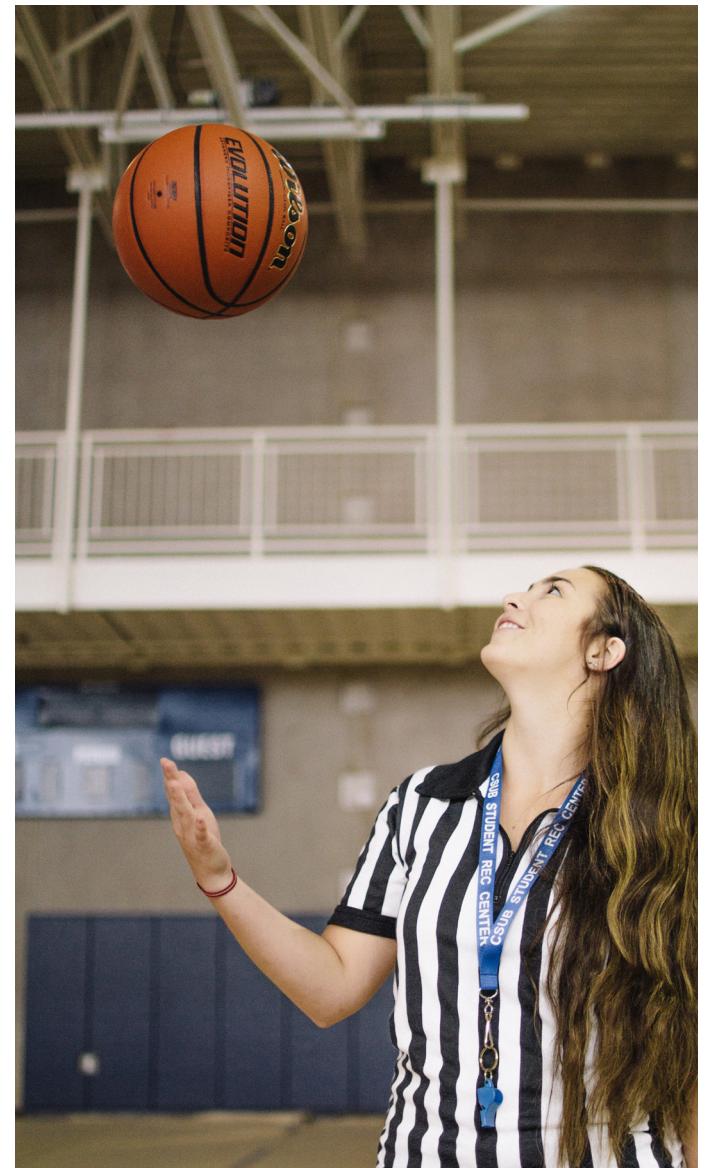
Clubs and organizations can participate in Intramural sports which is a great way to encourage team building, and to promote their group. Bland states that intramural sports are "a great way to highlight the camaraderie in your club." He says that when others see a club working together in a different setting, it can attract more members, who may not have even known about that specific club, organization, or Greek life group.



Being a part of intramural sports provides the benefit of fun, exercise, and social interactions. Amidst the reading assignments, exams, and essays, intramural sports can bring peace. "It's a stress reliever", says Bland. Jorge Murillo, Student Manager of the Sports Program at the SRC, says, "IM Sports is a great way to make connections. Most of the people I hang out with now I met through IM sports. And it's not just the friendships through students but the faculty and staff too... you build a connection with them." CSUB staff and faculty are eligible to play with a valid SRC full membership. He says there are two leagues: competitive and recreational. Having both options allows the opportunity for people to either compete or just play for fun. One of the benefits from joining IM Sports along with making new friends, and being active, Murillo reflects, "I started to do better in school". He says that it's important to take breaks from studying and Intramural activities are a great way to do that.

Intramural sports creates an atmosphere of friendly competition and fun. People of any and all majors and interests can sign up and come out, allowing a diverse group of people to mingle and play a variety of activities. "It opens up those avenues for networking with students outside the realm of school," comments Bland. It's an opportunity to play an organized sport which many people miss from high school, "we provide that opportunity." It is also important to point out that Intramural activities do not require previous experience to participate.

"It's about trying something new, it's not about who's the best. It's not about winning... It's about that networking opportunity you get outside the formal classroom and the memories you create with friends."



To people who are still unsure about participating, Murillo says, "Still join... We're a friendly community. CSUB is a friendly community. We all laugh and have a good time and that's the environment we want to create." When signing up for an intramural sport, members can join a league as a team with your friends, as a captain who starts a team that others can join, or as a free agent who can join other teams.

"The Thursday before the league starts we are going to start what is called a play day," Bland says. Play Days will be an opportunity for players to learn the basic rules of the sport they will be playing and to practice playing before the league begins. This is also a way for Captains to find free agents and for teams to possibly be made on the spot. "It's really for those people who are hesitant. That is the time for them to come out and learn a little bit more about that sport."

"It's about trying something new and getting your confidence going," Bland declares. Intramurals offer a variety of sports each season. The first season of Fall 2017 includes both 3 on 3 Volleyball and Outdoor Soccer. There are also tournaments throughout the semester that anyone can join, such as dodgeball, spikeball, ultimate frisbee, table tennis, and badminton.

INTRAMURAL SPORTS

FALL 2017

Intramural Sports are organized activities offering CSUB students and SRC members friendly competition in a variety of sports throughout the semester. IM Sports have a minimum time commitment of one hour once a week! Form your team or join as a free agent at imleagues.com. All skill levels are welcome and encouraged to participate, just make sure to bring your CSUB ID to all games!

SEASON 1

OUTDOOR SOCCER 3 ON 3 VOLLEYBALL

Registration Opens: August 28th

Registration Closes:

September 14th @ 5pm

Outdoor Soccer Play Day:

September 14th @ 6:30 pm

Season Begins September 18th

SEASON 2

FLAG FOOTBALL 6 ON 6 VOLLEYBALL

Registration Opens: August 28th

Registration Closes:

October 5th @ 5pm

Season Kickoff: October 5th

Flag Football Play Day:

October 9th @ 6:30 pm

TOURNAMENTS

5pm-11pm

Registration opens August 28th

DODGEBALL

September 17th

Registration closes 9/15 @5pm

SPIKEBALL

October 15th

Registration closes 10/13 @5pm

ULTIMATE FRISBEE

November 5th

Registration closes 11/3 @5pm

TABLE TENNIS/BADMINTON

Begins: September 17th

Ends: November 17th

WEEKLY TOURNAMENTS

CORNHOLE LEAGUE

Every Wednesday starting 9/13 @4pm

SKILL CHALLENGES

Every Thursday starting 9/21 @6pm

HOMERUN DERBY

October 25th

**SIGN
UP
ON**
IMLEAGUES.COM



GETTING PERSONAL

with personal trainers and fitness advisors

“Personal Training is a highly individualized approach to improving and maintaining one’s health and fitness goals. Personal Training at the SRC has transitioned into a fee-based program as of the Fall 2017 semester. These changes are not to make a profit, but rather an effort to more efficiently use student fees. The staff has taken into consideration student fees, membership fees, and the health of our participants while creating the program. We are committed to making Personal Training an affordable service as student fees will still subsidize a considerable amount of the cost of the program. The SRC is proud to work with the CSUB community to achieve overall physical and mental well-being.”

-Leah Bank, Coordinator - Fitness and Wellness

Sign up at any point in the semester at the front desk (pricing information on page 13). Personal Training appointments are made around your availability. Go to the SRC front desk for more information.



Kyle Overstreet

Personal Trainer

Major: Computer Science
Certifications: NASM-CPT, CPR, AED, First Aid
Favorite TV Show: Law and Order

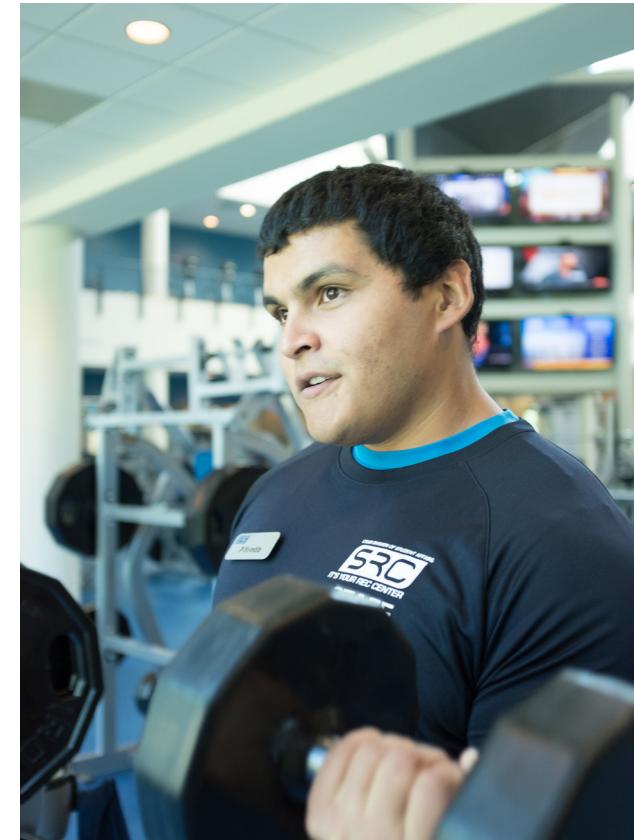
Before coming to the SRC, I had worked as a personal trainer for ten months at another gym in town. When I started CSUB I heard about the personal training program here from a friend. I thought it'd be a good job for me because personal training is something I already had experience with and already enjoyed doing. My goal is to help my clients reach their goals.

I've seen training improve people's lives and their overall happiness. It builds their confidence. I truly want to help people. I feel like I'm pretty knowledgeable about workout programming and nutrition, so sign up.

Alfredo Marroquin Tricia Cervantes

Personal Trainer

Major: Kinesiology
Certifications: ISSA, CPR, AED, First Aid
Favorite TV Shows: Rick and Morty and Game of Thrones



Fitness Advisor

Major: Graduate Health Care Administration
Certifications: B.S. Kinesiology, CPR, AED, First Aid
Favorite TV Show: Prison Break



My undergrad was in Kinesiology. I enjoy working with and applying my kinesiology knowledge. I figured it'd be a great experience to learn more, get to know more people and apply what I had learned through my undergrad.

It's a tool to help them achieve personal goals and develop healthy lifestyle habits. It helps to have someone keep you accountable.

I want to help them reach their goals that they come in with. My main goal is for them to be more comfortable in the gym- using freeweights, machines, HIIT workouts, etc. I like to give them a "gym education" as I call it. And just to let them know that they have a friend here at the SRC.

Daniel Serrano

Fitness Advisor

Major: Kinesiology

Certifications: CPR, AED, First Aid

Favorite TV Show: Sports Center



I enjoy working out. It's my hobby; I find it fun. If I can at least show someone proper technique or something that they didn't know that I've learned along the way of working out, then I'm using the knowledge I've gathered throughout my journey. My goal is to educate clients so that they don't injure or hurt themselves and show them proper technique so that they can workout on their own.

I feel like a lot of people don't see the instant results of working out and they get discouraged, some progress is better than no progress. I want people to keep coming in and working out. If you ever see me on the fit floor and have questions go ahead and ask me. Don't be afraid of coming in to the gym.

Arturo Chavez

Fitness Advisor

Major: Kinesiology

Certifications: CPR, AED, First Aid

Favorite Movie: IP Man



My goal is to become a physical therapist, but beforehand I'd like to open my own business, my own gym.

I've been doing Martial Arts since I was 2 years old. While training, I like to have people get out of their comfort zones and reach their best lifestyle. A lot of people where I come from aren't living a healthy life and I want to do what I can to help others get that joy.

Becoming healthy isn't just exercise, but also regaining your life and to live it.



TRAIN WITH US

PERSONAL TRAINING

	3 SESSIONS	6 SESSIONS	12 SESSIONS
STUDENT	\$55	\$90	\$130
MEMBER	\$65	\$100	\$140

BUDDY TRAINING

	3 SESSIONS	6 SESSIONS	12 SESSIONS
STUDENT	\$45	\$70	\$100
MEMBER	\$55	\$80	\$110

*Sign up at the SRC front desk

SMALL GROUP TRAINING

MONDAY

WOMEN & WEIGHTS

WITH TRICIA
1:15PM

FUNDAMENTALS OF WEIGHT TRAINING

WITH DANIEL
6:30PM

TUESDAY

TRIPLE THREAT

WITH ARTURO
10:00AM

WOMEN & WEIGHTS

WITH TRICIA
1:15PM

FUNDAMENTALS OF WEIGHT TRAINING

WITH DANIEL
7:00PM

WEDNESDAY

CSUB FIT

WITH TRICIA/MATT
1:15PM

FUNDAMENTALS OF WEIGHT TRAINING

WITH DANIEL
5:00PM

A combination of the individualized instruction of personal training and the community atmosphere of a group class. Free of charge, included in SRC membership.

- Meet once a week, for 7 weeks
- Each session is limited to 6 participants
- Preregistration required
- Session 1 begins the week of 9/5
- Sign up at the personal training table or the front desk for session one!

THURSDAY

TRIPLE THREAT

WITH ARTURO
10:00AM

CSUB FIT

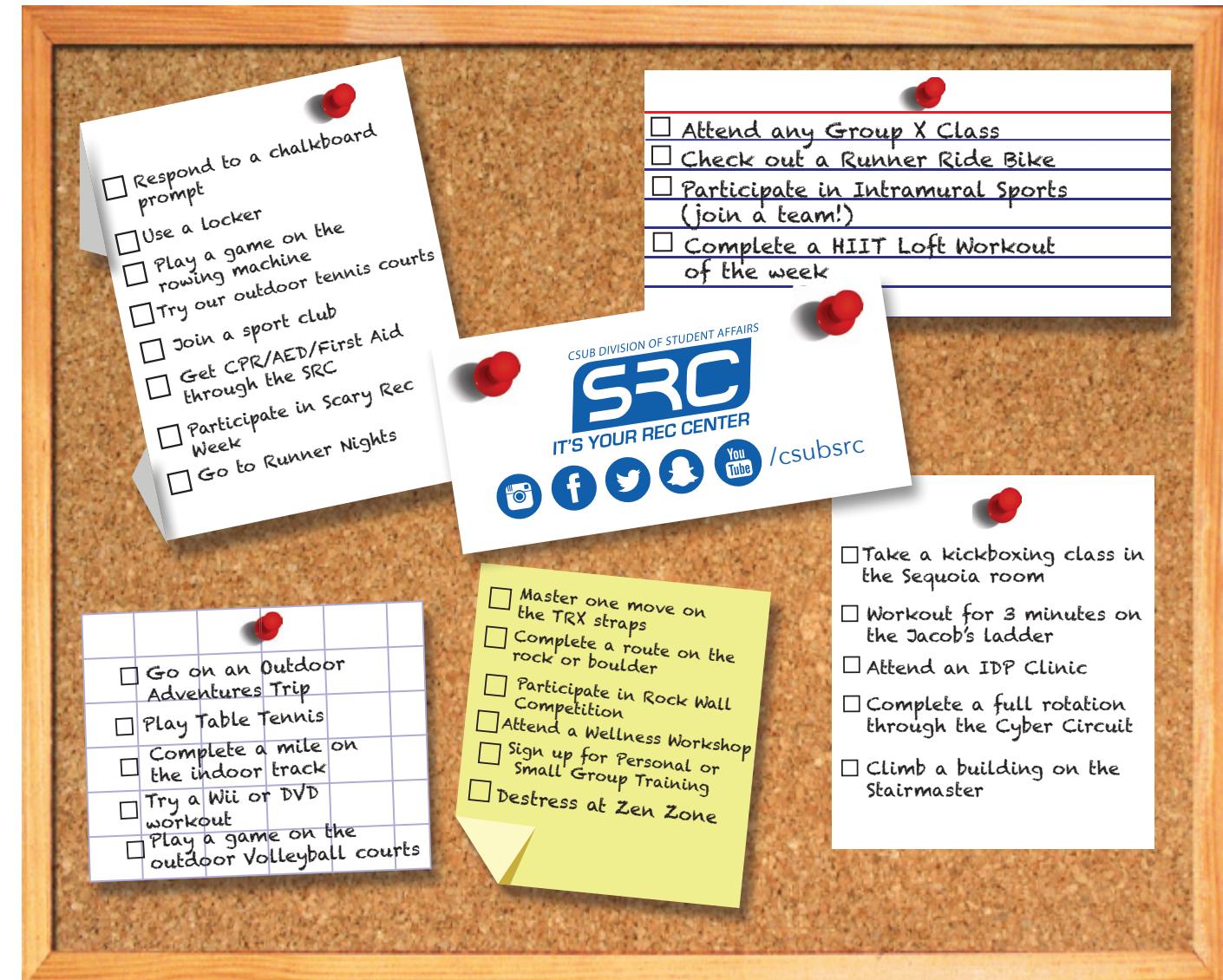
WITH ARTURO
7:00PM

FRIDAY

CSUB FIT

WITH TRICIA
11:00AM

FRESHMAN 15



- Complete a total of 15 tasks during the semester and post a picture of each task on social media. Tag us @csubsrc and use #src17fresh15
- Winners will be announced during finals week, and will receive an ultimate SRC Swag Bag!
- All CSUB Students and current SRC members are eligible to participate.

INSTRUCTOR DEVELOPMENT PROGRAM

1 hour clinics - free to CSUB students, \$5 for faculty & staff

Interested in becoming a member of the Outdoor Adventures Trip staff or learning valuable leadership skills? Our instructor development program is for you! The IDP consists of multiple one hour clinics designed to develop skill and understanding in various leadership competencies needed to be an effective leader, particularly in the outdoors.

Process

Participants must take three Foundations, three Essentials classes, and have been on two Outdoor Adventures trips to start apprenticing. Elective classes are optional but highly recommended! All classes are held in the SRC conference room. Sign up today at the SRC front desk.

FOUNDATIONS

INTRO AND HISTORY

Monday, September 11th | 1-2pm
Thursday, September 14th | 4-5pm

PHILOSOPHY AND ROLES

Monday, October 2nd | 1-2pm
Thursday, October 5th | 4-5pm

RISK MANAGEMENT IN A WILDERNESS SETTING

Monday, November 6th | 1-2pm
Thursday, November 9th | 4-5pm

Where it all begins

ESSENTIALS

DECISION MAKING AND JUDGEMENT

Tuesday, September 12th | 1-2pm

LEADERSHIP AND LEARNING STYLES

Wednesday, September 20th | 1-2pm

GROUP DYNAMICS

Tuesday, Sepetmber 26th |4-5pm

TEACHING AND FACILITATION

Wednesday, October 18th | 1-2pm

DEBRIEFING & COMMUNICATION

Wednesday, October 31st | 12-1pm

TRIP PLANNING

Tuesday, November 14th | 4-5pm

Skills leaders should possess

ELECTIVES

DIVERSITY AND INCLUSION

Tuesday, October 10th | 2-3pm

BACK COUNTRY MEAL PLANNING AND NUTIOTION

Tuesday, October 24th | 4-5pm

The final steps

Outdoor Adventures

FALL 2017

SEPTEMBER

	PRICES
Students Members	
September 8th-10th - SAN ONOFRE SURFING OVERNIGHT	\$120 \$175
September 16th - PINE MOUNTAIN BOULDERING	\$15 \$20
September 23rd - PIEDRA BLANCA FORMATION HIKE	\$10 \$15
September 30th - CAYUCOS SURFING & BOOGIE BOARDING	\$30 \$40

OCTOBER

October 7th - GIANT SEQUOIA HIKE	\$10 \$15
October 14th - CASTAIC LAKE WAKEBOARDING WATERSKIING	\$50 \$80
October 14th - CASTAIC LAKE WINDSURFING	\$40 \$60
October 20th-21st - NEW JACK CITY ROCK CLIMBING OVERNIGHT	\$30 \$40
October 28th - HALLOWEEN HORSEBACK RIDING	\$65 \$105

NOVEMBER

November 4th - SUNSET SEA KAYAKING	\$35 \$55
November 11th - BISHOP PEAK HIKE	\$10 \$15
November 17th-19th - LEADERSHIP DEVELOPMENT WEEKEND	\$55 \$65

DECEMBER

December 2nd-3rd - WILDERNESS AND REMOTE FIRST AID CERTIFICATION COURSE	\$25 \$30
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Transportation, meals, and gear included for all trips.
Registration opens August 28th. Sign up at the SRC front desk!

RUNNER Ride FALL 2017

WHAT IS BIKE SHARE?

A bike share is a transportation program in which bikes are made available to users on a short term basis. A bike share program is ideal for trips around CSUB and the community.

HOW CAN I CHECK OUT A BIKE?

Runner Ride is free of charge! Just bring your ID into the SRC and check out a bike for the day, be sure to return it according to our policies. Helmet, u-lock, cable and lock key are included in rental.

Check it out today!



BEGINNER BICYCLE MAINTENANCE CLASS

Tuesday, September 5th | Wednesday, October 4th
4:00-5:30pm
\$25 student | \$30 member | \$35 non-member

Our hands-on bicycle maintenance clinic will give you a better appreciation and understanding of your bicycle. An overview of bicycle design, learning all of the parts of the bicycle and what they do, proper cleaning and lubrication, the components of a basic safety check, how to set up your bike comfortably, and tube replacement.

Register at the SRC Front Desk.

INTERMEDIATE BICYCLE MAINTENANCE CLASS

Thursday, October 20th
4:00-6:00pm
\$25 student | \$30 member | \$35 non-member

The intermediate bicycle maintenance clinic will pick up where the beginner maintenance clinic left off. For those who already know how to change a flat, this clinic will cover topics such as brake, derailleur and headset adjustments; how to keep your drivetrain clean and running smoothly; and other topics such as how to wrap your handlebars. The mechanic on staff will also field any specific questions that you may have.

Register at the SRC Front Desk.

BIKE PROGRAM GROUP RIDES

Friday October 13th | Monday, November 17th
9:30am

The Runner Ride will be hosting group rides around the surrounding campus community. Bring your own bike, or check out a bike from the SRC for free and become part of the campus biking community.

Wellness WORKSHOPS

fall 2017

YOGA NIGHT

Thursday, September 7
6:30pm-7:45pm

Stretch on over and join us for a relaxing yoga session with our instructor, Yani. Snacks and prizes will be given out!

SRC LAWN

ESSENTIAL OILS

Wednesday, November 8
7:00pm-8:00pm

Learn the health benefits of essential oils and create your own essential oil kit to keep!

SOLARIO

FIT + FUELED

Thursday, September 28
6:00-7:00pm

Do you have a hard time cooking a healthy, simple, and delicious meal? We'll teach you how! Join us to learn what foods are best for your workout and fitness goals.

SOLARIO

MIND OVER MATTER

Thursday, November
7:00pm-8:00pm

Become the best version of yourself by learning how to overcome obstacles. Spread positivity inside and outside the gym.

SOLARIO

MID SEMESTER DESTRESSER

Thursday, October 12
5:00pm-8:00pm

Stressed during midterms? Take a break at our Mid Semester Destresser! Enjoy painting, games, and snacks to help you relax during exams!

SOLARIO

ZEN ZONE

Monday, December 11
10:00am-Close

Join us throughout the event for study spaces, snacks, aromatherapy, bubbles, music, games, crafts, coloring, and give-aways!

SOLARIO

ROCK WALL

Fall 2017

Programming

Alta Project
Ongoing

Women Rock!
Every other Wednesday | 5-8 pm

Zombie Climb
October 25th, 4pm-8pm

Sport Climbing Challenge
Sep. 26 | 5-8pm

Bouldering Challenge
Oct. 24 | 5-8pm

Hybrid Sport & Bouldering Challenge
Nov. 26 | 5-8pm

Clinics

Belay Clinic | 9-10am
Sep. 5 | Sep. 26 | Oct. 18 | Nov. 9

Lead Clinic 9-11am
Sep. 13 | Oct. 12 | Nov. 11

Crate Stacking Competition
Tuesday | Sep. 12

Dyno Competition
Wednesday | Oct. 8

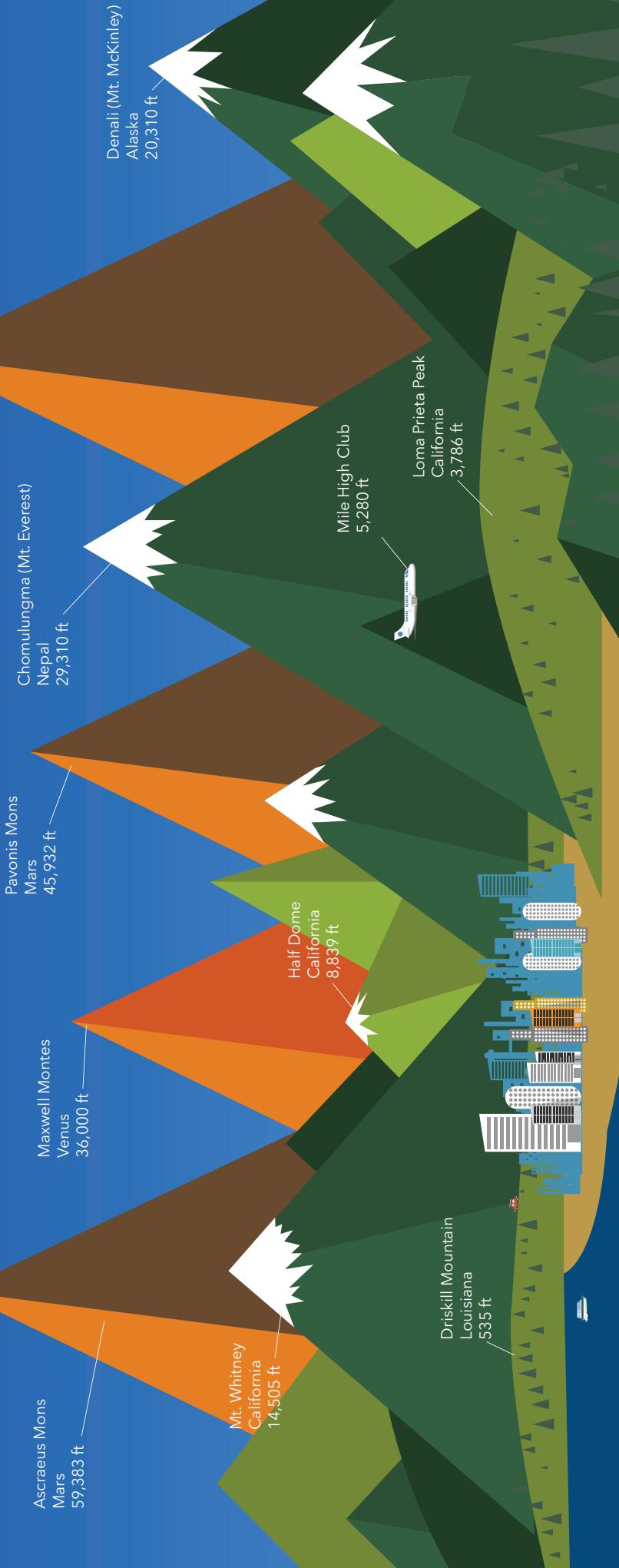
Sport Climbing Competition
Tuesday | Nov. 2

CSUB Climbing Series

Competitions

Take part in the Alta Project, a tenacious group of Roadrunners with one goal, to reach new heights, both personally and on the wall. Eleven landmarks of increasing height have been chosen to challenge and reward those willing to put in the work! This ongoing project is something you can work towards as long as you're a student at CSUB.

ALTA PROJECT



GROUP X

FALL 2017

September 5th - December 11th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA (KINE) Sequoia 8 am Nancy	CARDIO KICKBOXING (KINE) Sequoia 8:30 am Melissa	YOGA (KINE) Sequoia 9 am Nancy	CARDIO KICKBOXING (KINE) Sequoia 8:30 am Melissa	1/2 HOUR ABS Sequoia 11:30 am Jason
YOGA (KINE) Sequoia 9 am Nancy	INTERVAL TRAINING (KINE) Sequoia 10 am Melissa	YOGA (KINE) Sequoia 10 am Nancy	INTERVAL TRAINING (KINE) Sequoia 10 am Melissa	BOOT CAMP (45MINS) Sequoia 12:15 pm Rapi
YOGA (KINE) Sequoia 10 am Nancy	1/2 HOUR ABS Sequoia 11:30 am Arturo	INDOOR CYCLING Mojave 12:15 pm Arturo	1/2 HOUR ABS Sequoia 11:30 am Arturo	1/2 HOUR ABS Sequoia 11:30 am Arturo
INDOOR CYCLING Mojave 12:15 pm Ricardo	POWER HOUR Sequoia 12:15 pm Rapi	BUTTS & GUTS Sequoia 1:15 pm Rapi	ZUMBA Sequoia 12:15 pm Jorge	ZUMBA Sequoia 12:15 pm Arturo
BUTTS & GUTS Sequoia 1:15 pm Melody	CYCLING IN THE DARK Mojave 1:15 pm Jenny	CYCLE & CIRCUIT Mojave/Sequoia 4:15 pm Lizeth	CYCLING IN THE DARK Mojave 1:15 pm Lizeth	KICKBOXING* Sequoia 4:15 pm Jason
CYCLE & CIRCUIT Mojave/Sequoia 4:15 pm Ricardo	TOTAL BODY CONDITIONING Sequoia 5:30 pm Lizeth	TOTAL BODY CONDITIONING Sequoia 5:30 pm Lizeth	KICKBOXING* Sequoia 5:30 pm Leah	YOGA (FLOW) Sequoia 5:30 pm Yani
KICKBOXING* Sequoia 4:15 pm Jason	ZUMBA Sequoia 5:30 pm Leah	POWER CYCLE (45MINS) Mojave 7 pm Ricardo	POWER CYCLE (45MINS) Mojave 7 pm Ricardo	POWER CYCLE (45MINS) Mojave 7 pm Ricardo
KICKBOXING* Sequoia 7 pm Bianca	KICKBOXING* Sequoia 7 pm Bianca	YOGA (RESTORATIVE) Sequoia 8:15 pm Yani	YOGA (RESTORATIVE) Sequoia 8:15 pm Yani	
				 <small>CSUB DIVISION OF STUDENT AFFAIRS IT'S YOUR REC CENTER</small>

GROUP X Fall 2017 Descriptions

1/2 HOUR ABS

Only have a 1/2 hour? This class is 30 minutes of solid abdominal and core strengthening exercises! Get in and out before you have to get back to work or class while working on achieving those "six pack" abs!

BOOT CAMP

Boot camp combines a variety of training styles including circuits, cardio intervals, and muscular conditioning to target the major muscle groups of the upper and lower body. Participants use equipment such as dumbbells, exercise bands, and body weight exercises to improve cardiovascular stamina and strength. Class is open to all fitness levels.

BUTTS & GUTS

A structured, fast-paced class, which targets your abs, legs, and bottom! Butts & Guts is designed to achieve a mid to high aerobic level of intensity. You'll start this combination of high intensity indoor cycling and weights/abdominal exercises that are sure to get you sculpted! Spend 30 minutes pedaling to great tunes, then head downstairs for 30 minutes of circuit training using a variety of equipment.

CYCLE & CIRCUIT

Are you looking for the best of both worlds? Cycle and Circuit is the answer! This class is a combination of high intensity indoor cycling and weights/abdominal exercises that are sure to get you sculpted! Spend 30 minutes pedaling to great tunes, then head downstairs for 30 minutes of circuit training using a variety of equipment.

KICKBOXING

Experience a full ride of hills, sprints, and endurance intervals with energizing music and motivational instruction. Build strength and experience the benefits of a cardio workout all in one class! This low impact, dynamic class is great for beginners as well as seasoned cyclists!

INDOOR CYCLING

This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Come try one of the most popular fitness trends and kick, jab, cross, and upper-cut your way to a fitter you to increase your self-defense skills! * Protective covering for hands required. Kickboxing gloves are available for check out at the SRC front desk.

POWER CYCLE

Join this cycling class for a fun, challenging HIIT-style training in which you alternate short, high intensity cycling intervals with slower intervals to recover. Remember, you're always in control of the pedal resistance on your bike. This class is a great way to improve endurance, and build strength on the NEW indoor cycling bikes!

POWER HOUR

High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with slower or rest intervals to recover. This class is a great way to burn fat, improve endurance, and build strength. Get energized and try this skill-building workout.

TOTAL BODY CONDITIONING

An energetic workout including strength, cardio and core in one class. This "total body fitness" class uses free weights, kettlebells, resistance bands, body bars, BOSUs, elevated steps, and foam rollers to sculpt and tone the major muscle groups. Cardio bursts are also incorporated to keep your heart rate up. Exercises can be modified to accommodate all fitness levels.

YOGA (FLOW)

This class is designed for someone looking to flow through stretching various areas of the body. Intentions behind this session are to move through stretching the body, while still maintaining awareness of the mind and breath. Benefits include increased flexibility, strengthening and toning muscles, mindfulness, and self-awareness.

YOGA (RESTORATIVE)

Long day? Stressed out? This is the perfect class for you. Restorative Yoga utilizes breathing techniques, gentle body movement, and meditation. The sequence of movements is designed to counter-balance the stresses of sedentary and busy lifestyle and promote healing and balance to everyday life. All levels are welcome!

ZUMBA

Ditch the workout... Join the party! This class fuses Latin, International, and Pop rhythms with easy-to-follow steps to create a one-of-a-kind class that will get you moving! The routines feature dancing to alternating fast and slow rhythms, while combining fitness moves like squats and core work. No dance partner necessary, just bring your energy and get ready to sweat.

KINE* -

CARDIO KICKBOXING

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by repeated several times during total class time using both lower and upper body muscle groups.

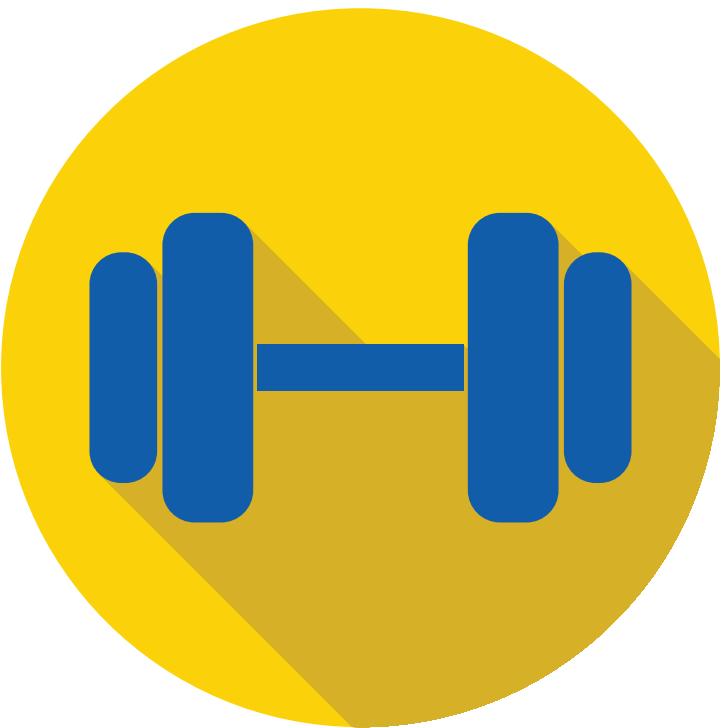
INTERVAL TRAINING

This class combines short (30 sec-2min) bouts of high intensity exercise periods alternated with periods of rest (1-2min). These higher/lower intensity periods are repeated several times during total class time using both lower and upper body muscle groups.

YOGA

Yoga is an introductory course that places a strong emphasis on active participation and also combines discussion of concepts and postures. The course focuses on increasing strength, flexibility, relaxation, stress reduction, improved posture, and balance.

*Drop-in participation available



Learn to Teach

GROUP X

Fridays at 2pm

September 15, 22, 29 | October 6, 13, 20, 27
November 3, 17 | December 1

Train to become a Group X Instructor! Our free 10-week program will provide you with the principles and skills needed to teach a Group X class. All levels and class interests are welcome!

- Create workout routines
- Demonstrate and modify exercises
 - Develop leadership skills
- Exercise cueing and musical selections
- Then, audition to join our Group X team!

Sign up at the SRC front desk. Registration opens August 28th. Space is limited!



ADULT & PEDIATRIC FIRST AID & AED/CPR CLASSES

Prepare yourself and learn how to recognize and respond appropriately to cardiac and first aid emergencies.

FULL CLASS

September 9th | October 7th | January 25th

BLENDDED LEARNING

September 23rd | October 21st
November 18th | December 9th

Certifications are valid for 2 years.

Register at the SRC front desk.

\$55 for students and members | \$65 for non members
Credit Cards and Debit Cards now accepted

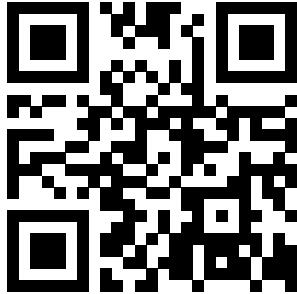


American
Red Cross

SEPTEMBER

2017

4 monday	Campus Closed Labor Day	16 saturday	OA Pine Mountain Bouldering Trip 8am-6pm
5 tuesday	IDP Trip Planning 4pm to 5pm Runner Ride Bicycle Maintenance Beginner Class	17 sunday	IM Sports Dodgeball Tournament 6pm-11 pm
7 thursday	Yoga Night 8pm-9pm	20 wednesday	IDP Leadership and Learning Styles 1 to 2pm OA Piedra Blanca Formation Hike Registration Closes
8 friday	Runner Nights 9pm-2am San Onofre Surfing Trip	23 saturday	OA Piedra Blanca Formation Hike 10 am to 5 pm
11 monday	IDP Intro and History 1pm-2pm	26 tuesday	Rock Climbing Series: Sport Climbing Competition 5pm to 8pm
12 tuesday	IDP Decision Making and Judgement 1pm to 2pm Rock Crate Staking Competiton	27 wednesday	OA Cayucos Surfing and Boogie Boarding Registration Closes
14 thursday	IDP Intro and History 4pm-5pm IM Sports Season Kickoff Outdoor Soccer 3-on-3 Volleyball 6:30pm	28 wednesday	WW Fit and Fueled 6pm to 7pm
15 friday	September Rec Report Published	30 saturday	OA Cayucos Surfing and Boogie Boarding Trip 7am to 6pm



Check us out online!
Scan the QR code using Snapchat or Twitter!

Staying Social



/csubsrc

