

vol. 2 | issue 1 | august 28

REC REPORT



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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WHAT'S NEW

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

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.



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.



Barbells in the group fitness room will allow participants to reach a wider variety of goals while taking Group X classes. The barbells will be used for aspects focusing on muscular endurance, muscular strength, and even cardio. The barbells are used by loading light-weight plates onto the barbell and securing with a collar at the end. The plates can also be used individually for exercises such as weighted lunges, bicep curls, or triceps extensions. Instructors will help determine how much weight a participant should use on the bar based on fitness level.

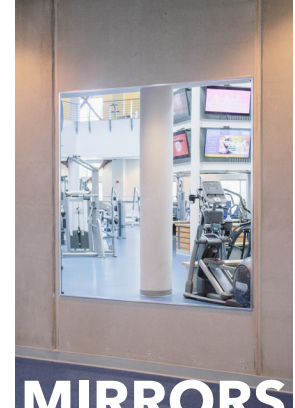
GENERAL UPDATES



FIT FLOOR UPDATE



LOCKER ROOM BENCHES



MIRRORS

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



I like personal training because I started out being a bigger guy. I had never gone to a gym and I wanted to help other people get more into working out, and I figured out that I want to do this for a living.

You learn a lot of things through personal training. You learn how to do things properly and safely so you don't hurt yourself.

My goal is to get people more excited while staying safe and comfortable when coming into the gym and working out. It's really great to see people change and how much happier they become. Watching the process of clients coming in at the beginning and how they've changed by end... it's just really great to see.

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

THURSDAY

**TRIPLE
THREAT**

WITH ARTURO
10:00AM

**CSUB
FIT**

WITH ARTURO
7:00PM

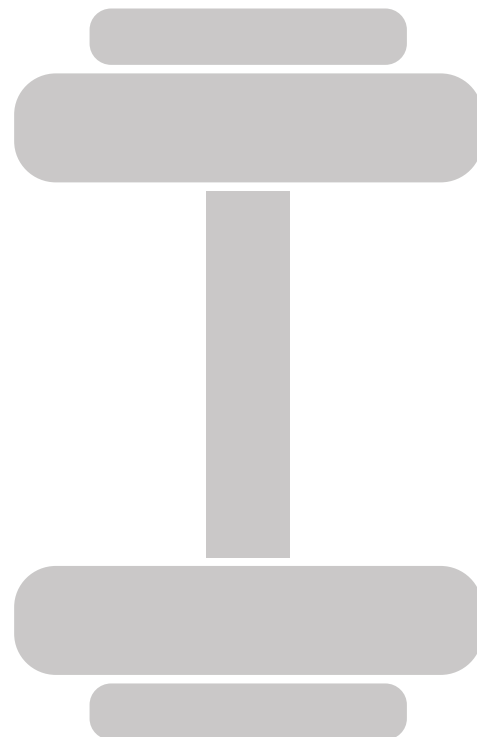
FRIDAY

**CSUB
FIT**

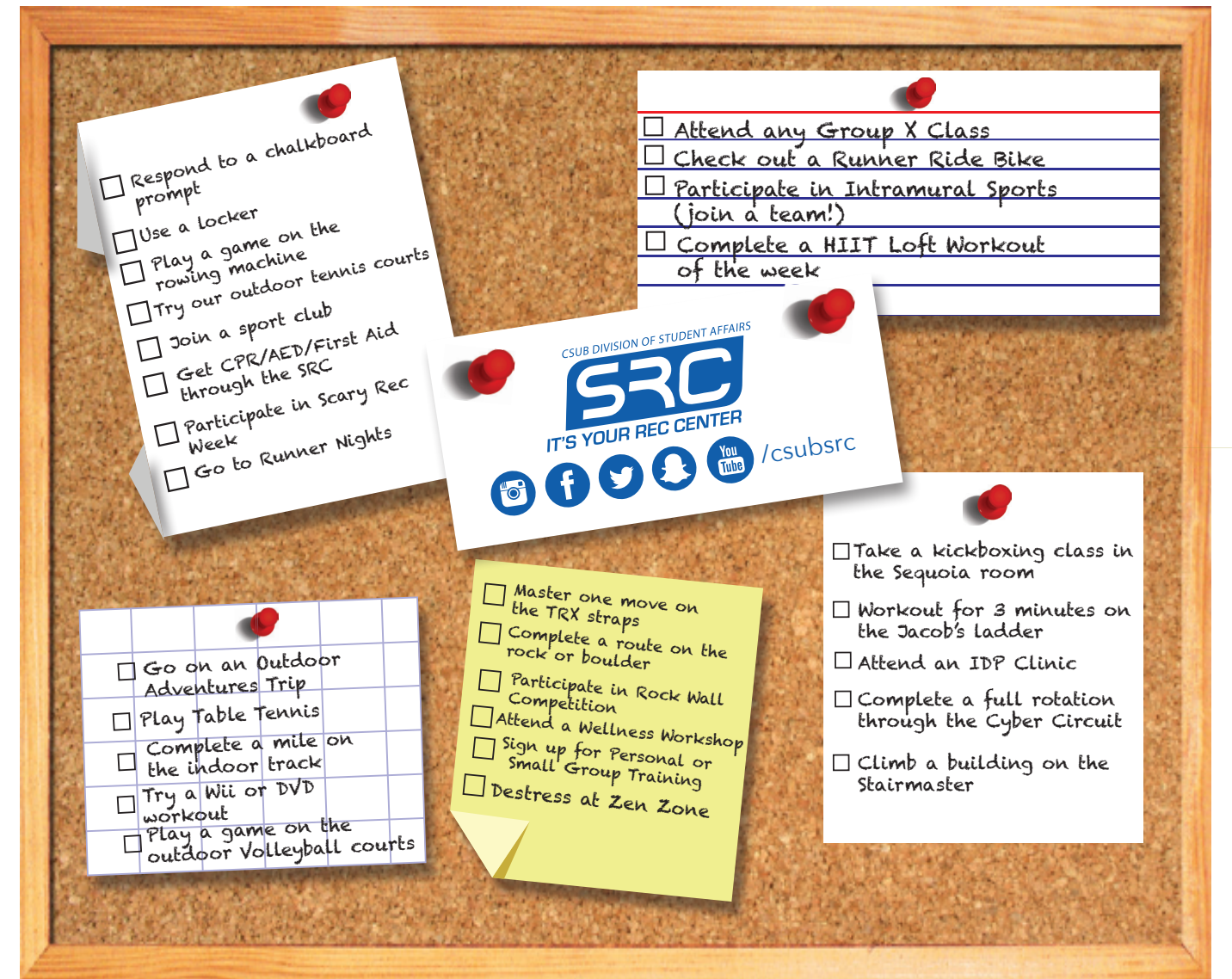
WITH TRICIA
11:00AM

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!



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	Where it all begins
	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	
ESSENTIALS	DECISION MAKING AND JUDGEMENT	Tuesday, September 12th 1-2pm	Skills leaders should possess
	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	
ELECTIVES	DIVERSITY AND INCLUSION	Tuesday, October 10th 2-3pm	The final steps
	BACK COUNTRY MEAL PLANNING AND NUTITION	Tuesday, October 24th 4-5pm	

Outdoor ADVENTURES

FALL 2017

SEPTEMBER

	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

fall 2017

WORKSHOPS

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 giveaways!

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

CSUB Climbing Series

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

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

Olympus Mons
Mars
69,549 ft

Denali (Mt. McKinley)
Alaska
20,310 ft

Chomulungma (Mt. Everest)
Nepal
29,310 ft

Mile High Club
5,280 ft

Loma Prieta Peak
California
3,786 ft

Pavonis Mons
Mars
45,932 ft

Half Dome
California
8,839 ft

Maxwell Montes
Venus
36,000 ft

Mt. Whitney
California
14,505 ft

Asraeus Mons
Mars
59,383 ft

Driskill Mountain
Louisiana
535 ft

GROUP X

FALL 2017

September 5th - December 11th

MONDAY	TUESDAY
YOGA (KINE) Sequoia 8am Nancy	CARDIO KICKBOXING (KINE) Sequoia 8:30am Melissa
YOGA (KINE) Sequoia 9am Nancy	INTERVAL TRAINING (KINE) Sequoia 10am Melissa
YOGA (KINE) Sequoia 10am Nancy	1/2 HOUR ABS Sequoia 11:30am Arturo
INDOOR CYCLING Mojave 12:15pm Ricardo	POWER HOUR Sequoia 12:15pm Rapi
BUTTS & GUTS Sequoia 1:15pm Melody	CYCLING IN THE DARK Mojave 1:15pm Jenny
CYCLE & CIRCUIT Mojave/Sequoia 4:15pm Leah	KICKBOXING* Sequoia 4:15pm Jason
TOTAL BODY CONDITIONING Sequoia 5:30pm Lizeth	ZUMBA Sequoia 5:30pm Leah
KICKBOXING* Sequoia 7pm Bianca	POWER CYCLE (45MINS) Mojave 7pm Ricardo
YOGA (RESTORATIVE) Sequoia 8:15pm Yani	YOGA (FLOW) Sequoia 8:15pm Yani

WEDNESDAY
YOGA (KINE) Sequoia 8am Nancy
YOGA (KINE) Sequoia 9am Nancy
YOGA (KINE) Sequoia 10am Nancy
INDOOR CYCLING Mojave 12:15pm Arturo
BUTTS & GUTS Sequoia 1:15pm Rapi
CYCLE & CIRCUIT Mojave/Sequoia 4:15pm Lizeth
TOTAL BODY CONDITIONING Sequoia 5:30pm Lizeth
KICKBOXING* Sequoia 7pm Bianca

THURSDAY
CARDIO KICKBOXING (KINE) Sequoia 8:30am Melissa
INTERVAL TRAINING (KINE) Sequoia 10am Melissa
1/2 HOUR ABS Sequoia 11:30am Arturo
ZUMBA Sequoia 12:15pm Jorge
CYCLING IN THE DARK Mojave 1:15pm Lizeth
KICKBOXING* Sequoia 4:15pm Jason
YOGA (FLOW) Sequoia 5:30pm Yani
POWER CYCLE (45MINS) Mojave 7pm Ricardo

FRIDAY
1/2 HOUR ABS Sequoia 11:30am Jason
BOOT CAMP (45MINS) Sequoia 12:15pm Rapi

SATURDAY
BOOT CAMP Sequoia 10:00am Melody

All classes are 50 minutes in length unless otherwise noted.

*Class requires protective covering for hands.

Kickboxing gloves are available for check out at the SRC front desk.

Please arrive on time for class. Entrance will not be permitted 15 minutes after start time

Drop-in participation welcome for all KINE classes.



GROUP X

Fall 2017 Descriptions

1½ HOUR ABS

Only have a ½ 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 workout with a warm-up circuit, and then move into multiple strength and cardio circuits. Finish off with a cool down and some stretches to have you ready to tackle the rest of your day!

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.

CYCLING IN THE DARK

Get ready for this party ride. Sprint and climb to the beat of music picked to motivate and inspire! Low lighting sets the mood to put in all you’ve got with a twist. Cycling is a great way to increase heart rate, build endurance, and strengthen the lower body. Come on in for the ride!

INDOOR CYCLING

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!

KICKBOXING

This class is a combination of cardio, boxing and marital 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 driving music you will strike, punch, kick, and kata your way through a fun workout!

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

BLENDED 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



SEPTEMBER

2017

4

monday

Campus Closed Labor Day

5

tuesday

IDP Trip Planning 4pm to 5pm
Runner Ride Bicycle Maintenance
Beginner Class

7

thursday

Yoga Night 8pm-9pm

8

friday

Runner Nights 9pm-2am
San Onofre Surfing Trip

11

monday

IDP Intro and History 1pm-2pm

12

tuesday

IDP Decision Making and
Judgement 1pm to 2pm
Rock Crate Staking Competiton

14

thursday

IDP Intro and History 4pm-5pm
IM Sports Season Kickoff Outdoor
Soccer 3-on-3 Volleyball 6:30pm

15

friday

September Rec Report Published

16

saturday

OA Pine Mountain Bouldering
Trip 8am-6pm

17

sunday

IM Sports Dodgeball Tournament
6pm-11 pm

20

wednesday

IDP Leadership and Learning
Styles 1 to 2pm
OA Piedra Blanca Formation
Hike Registration Closes

23

saturday

OA Piedra Blanca Formation
Hike
10 am to 5 pm

26

tuesday

Rock Climbing Series: Sport
Climbing Competition 5pm to
8pm

27

wednesday

OA Cayucos Surfing and
Boogie Boarding Registration
Closes

28

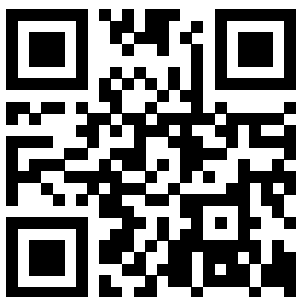
wednesday

WW Fit and Fueled
6pm to 7pm

30

saturday

OA Cayucos Surfing and Boo-
gie Boarding Trip
7am to 6pm



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Scan the QR code
using Snapchat or
Twitter!

Staying Social

 /csubsrc

