“SPRING INTO ACTION” AT THE STUDENT RECREATION CENTER

Titan Recreation event will feature Instructional Class demonstrations

FULLERTON—Spice up your fitness routine with an Instructional Class at the Student Recreation Center (SRC). Titan Recreation, a program of Associated Students, Inc. at Cal State Fullerton is hosting “Spring Into Action,” on Tuesday, Jan. 31, from 5-8 p.m. Students and members of the SRC are encouraged to stop by the SRC and participate in demonstrations of Instructional Classes.

Demonstrations will highlight dance and martial arts classes offered this spring. In addition to the demonstrations, light refreshments and opportunity drawings will be offered to everyone in attendance.

Alain Bourgault, Rock Wall & Group Exercise Coordinator for Titan Recreation notes, “This event provides Cal State Fullerton students and members of the SRC with an opportunity to preview a class, and meet the great instructors working for Titan Recreation.” Guest passes are available for $5 at the front desk of the SRC and workout attire is recommended for this event.

For more information regarding “Spring into Action” or Instructional Classes, please visit titanrecreation.fullerton.edu or call (657) 278-7529.

Titan Recreation is a program of the Titan Student Centers and Associated Students, CSUF, Incorporated (ASI). This program operates the Student Recreation Center, a comprehensive fitness facility for the Cal State Fullerton community, and offers a variety of activities and services, including: intramural sports; wellness programs; aquatics; and youth day-camps.

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