



Student Recreation Center  
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Titan Recreation-Group Fitness  
Student Engagement Report  
FY 2012-2013

#### Purpose Statement

Titan Recreation strives to enhance participant experiences at CSUF through providing quality recreational facilities, equipment and programs for a variety of activities which contribute to individual physical fitness and overall wellness. Titan Recreation also provides opportunities for cooperative and competitive play activities as well as a forum where students can learn and practice leadership, management, program planning, team building and interpersonal skills. Leadership and participation opportunities within Titan Recreation are designed to enhance social, psychological and physiological development in an environment committed to play and celebration.

#### Program Overview

The Titan Recreation Group Fitness Program includes “Drop in Fitness” classes included in facility membership, and Instructional Recreation classes and Personal Training which are fee based.

#### Engagement Results

<b>Event/Activity</b>	<b>Fall 2012 (Participants)</b>	<b>Spring 2013 (Participants)</b>
Drop In Fitness	10,522	12,330
Instructional Recreation	397	541
Personal Training	184	152
Special Events	1700	1187

#### Results Summary

During the 2012-13 year, Titan Recreation offered 1384 hours of Drop In Fitness classes resulting in a user count of 23,872.

During the 2012-13 year, Titan Recreation offered over 216 hours of Instructional Recreation classes resulting in a user count of 946.

During the 2012-13 year, Titan Recreation offered 446 personal training appointments.

During the 2012-13 year, Titan Recreation offered 4 special events resulting in a user count of around 1600 students. In addition the icare fun run registered 287 people for the event. Over 1000 students participated in 10 Fun Friday events.

#### Future Goals

- Increase evening program schedule
- Partner with Housing & Residence Life to actively “on board” new residents
- Collaborate with Health Center to provide relevant health / educational activities for students