



Student Recreation Center
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Titan Recreation-Group Fitness
Student Engagement Report
FY 2010-2011

Purpose Statement

Titan Recreation strives to enhance participant experiences at CSUF through providing quality recreational facilities, equipment and programs for a variety 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

Event/Activity	Fall 2010 (Participants)	Spring 2011 (Participants)
Drop In Fitness	13,905	15,258
Instructional Recreation	516	499
Personal Training	204	352
Special Events	250	250

Results Summary

During the 2010-11 year, Titan Recreation offered 1748 hours of Drop In Fitness classes resulting in a user count of 29,163.

During the 2010-11 year, Titan Recreation offered 837 hours of Instructional Recreation classes resulting in a user count of 1,015.

During the 2010-11 year, Titan Recreation offered 556 personal training appointments.

During the 2010-11 year, Titan Recreation offered two special events resulting in a user count of over 500 students.

Future Goals

- Increase evening program schedule
- Improve outdoor facilities
- Recruit on campus residence
- Recruit female participants
- Develop an Intramural Student Advisory Committee