LEARN TO WORK OUT MORE EFFECTIVELY
Take your fitness routine to the next level & “Meet the Trainers” at the
Student Recreation Center

FULLERTON - Titan Recreation, a program of Associated Students, CSUF, Inc. invites Cal State Fullerton students and members of the Student Recreation Center (SRC) to attend “Meet the Trainers” on Aug. 30 from 6:30-7:30 p.m., or Aug. 31 from 11:30 a.m.–1:00 p.m. at the Student Recreation Center (SRC). “Meet the Trainers” is designed to provide participants with fitness and nutrition information from certified personal trainers, while also teaching how to use the fitness apparatus in the SRC weight room.

Alison Wittwer, Aquatics & Safety Coordinator for Titan Recreation describes “Meet the Trainers” as, “A great opportunity for students and members to take the first step towards healthy living.” Wittwer goes on to say, “Participants will have an opportunity to receive free body composition testing to better assess their individual fitness needs.”

For more information about this event or to inquire about personal training available at the SRC, 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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