FOR IMMEDIATE RELEASE

REGISTRATION NOW OPEN FOR SESSION ONE SPRING INSTRUCTIONAL CLASSES AT THE STUDENT RECREATION CENTER

FULLERTON, Calif. – Titan Recreation, a program of Associated Students, Inc., is offering session one Instructional Classes open to students, staff and community members beginning Feb. 11 and lasting six weeks. All instructional class participants must register and pay the class fee at the Recreation Services Desk on the 2nd floor of the SRC. Registration is open now through Feb. 22.

Instructional classes are offered Monday - Saturday with 20 different dance and martial arts options offered one-two times per week, including Salsa, Hip Hop, Kobudo, Swing Dancing, STX Kickboxing and Mixed Martial Arts. Additionally, the SRC offers a 6-week Performance Swim class and an 8-week Spin Into Fitness Class beginning March 4, as well as a 6-week Boot Camp class beginning March 5. American Red Cross certification classes in First Aid and CPR/AED are also available throughout the semester beginning in early February. These classes are non-credit, personal enrichment opportunities offered each semester through Titan Recreation.

For more information regarding instructional classes or any of the programs and services offered at the SRC, please contact Scott Macleod, Membership and Guest Services Coordinator, at (657) 278-3978, or visit src.fullerton.edu.

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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; as well as youth day-camps and other out-of-classroom instructional programs.