



## November Newsletter

Quote of the Month: "You don't have to be extreme, just consistent"

### NEW Gear Rental with Titan Outdoors!



Have you been wanting to bust out the adventurer inside but don't have the gear? Well..you do now with Titan Outdoors! Rent all our high-quality gear and get outside for a nice hike, or go camping, or even backpacking! With [competitive prices for students and members](#) and a variety of options, we can get you outfitted for the outdoors!

[READ MORE...](#)

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## Featured Tips of the Month



Concerning fat loss, is it more effective to run at a slow, steady pace for an hour? Or take a High-Intensity Interval Training class (HIIT) for 30-minutes? While any level of physical activity, when paired with a diet built around a caloric deficit, will help elicit weight loss, the more effective form of exercise when trying to lose weight is actually shorter, higher intensity activity.

[READ MORE...](#)

A concussion is a traumatic brain injury. The effects of a concussion can be long-lasting, so please, make sure you seek medical attention immediately.

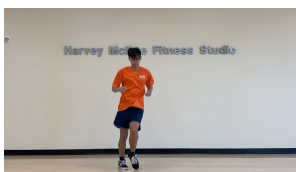
[READ MORE...](#)



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## Featured Virtual Drop-in Fitness Classes

Sign-up for **FREE** virtual Drop-in Fitness classes! No fitness equipment is needed to participate. [Recorded classes are also available here.](#)



### Zumba with Tyler

Every Tuesday @ 6:30PM  
& Every Friday @ 12PM

[Click here for more information!](#)



### Yoga with Serena

Every Monday @ 6:30PM  
& Every Wednesday @  
5:30PM

[Click here for more information!](#)



### STRONG NATION by Zumba with Dianna

Every Wednesday &  
Thursday @ 12PM

[Click here for more information!](#)

[View our Fall 2020 Class Schedule](#)

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## Featured Programs & Services

### Titan Outdoors Local Guide



Now that you can rent some of our outdoor gear, we thought we'd provide you with our Titan Outdoors Local Guide!

This guide provides locations, links, and more to get the adventure-seeker inside you started...and they're all AT MOST 2hrs from campus!

[VIEW OUR GUIDE](#)

### Personal Training



Meet one of our Personal Trainers, Alba! Alba has a Master's in Kinesiology and has been training for 14 years.

**Specialties:** Functional exercise, strength, flexibility, pre-surgery rehab, martial arts conditioning, and health coach.

Sign up for Personal Training with one of our Personal Trainers today!

[LEARN MORE...](#)

### Intramural Esports



Esports Intramurals? You know it! Registration is STILL OPEN for our **2v2 Call of Duty Warzone Tournament!**

We are also on **Discord** where you can connect with all our participants, discuss major sports league games, and join this great community!

[REGISTER](#) | [SIGN UP](#)

[Join our DISCORD SERVER here.](#)

## At-Home Fitness Fundamentals



Do you want to elevate your at-home workouts? Or learn about the basics of workout programming and have direct access to one of our certified personal trainers?

Titan Recreation's At-Home Fitness Fundamentals is a free workshop hosted every week via Zoom by one of our certified Personal Trainers!

[READ MORE...](#)

### TITAN RECREATION



#### [November 10th: BINGO Game Night @ 7 PM](#)

Join us for a night of fun and games with your fellow Titans. Prizes include food certificates towards DoorDash, UberEats, Postmates, and more!

#### [November 11th: Talks of the Wild with Simone Steger @ 2 PM](#)

Join us on Instagram Live as we chat with Simone Steger, a Joshua Tree National Park ranger. Simone has worked as a ranger for 7 years and loves exploring, climbing, and more!

#### [November 13th: BINGO Fun Friday @ 12 PM](#)

Play BINGO, the game we know and love, virtually. Prizes include food certificates towards DoorDash, UberEats, Postmates, and more!

#### [November 21st: Virtual Race Series](#)

Sign-up now for our 5K Run, 10K Run, or 15K Cycle and compete to win a prize!

#### [November 30th - December 11th: Call of Duty Warzone Tournament](#)

The 2v2 Call of Duty: Warzone tournament will consist of 1 week of group play followed by a 1-week playoff to name the tournament champion. Registration closes November 27.



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## Recipe of the Month



Check out this delicious [Green Bean Casserole](#) from the Food Network to get ready for that delicious Thanksgiving dinner with family!

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## Reminders & Updates

### 1. Virtual Offerings

- View all our Virtual Offerings on our [website](#).

### 2. Titan Recreation Portal

- if you are experiencing any issues with the portal, please email [titanrecreation@fullerton.edu](mailto:titanrecreation@fullerton.edu).

[Send us your Feedback](#)

We want to hear from you! If you have any feedback on new programs you want to see from Titan Recreation, let us know by clicking the button above!



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