



## October Newsletter

Quote of the month: "Fit is not a destination, it is a way of life"

### Personal Training is back!



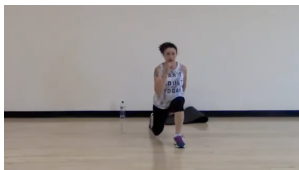
Personal Training services are back for you to participate in from home! In addition to ***Virtual Personal Training sessions***, Titan Recreation is excited to introduce our ***Fully Fit*** 12-Week full-body fitness program, along with our ***Personalized Programming Services***.

Connect with our Certified Personal Trainers through the Trainerize app where you'll receive workout videos, be able to chat with your Trainer, and more!

[\*\*READ MORE...\*\*](#)

# 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.](#)



## Guts, Butts, & Thighs with Alba

Every Monday & Wednesday @ 12PM

[Click here for more information!](#)



## Hardcore Abs with Taylor

Every Tuesday & Wednesday @ 5:30PM

[Click here for more information!](#)



## Barre with Andrea

Every Tuesday @ 5:30PM & Thursday @ 6:30PM

[Click here for more information!](#)

[View our Fall 2020 Class Schedule](#)

## This month in Titan Recreation



### [October 8th: Guided Massage Workshop @ 12 PM](#)

Relax your shoulders, take a breather, and destress before mid-term week. You will be joined by a Certified Massage Therapist to learn different self and partner-massage techniques that you can use at home.

### [October 14th: Jeopardy Game Night @ 7 PM](#)

Join us for a night of fun and games with your fellow Titans. We've partnered with our Amazon Prime Campus Ambassador to provide awesome giveaways!

### [October 16th: BINGO Fun Friday @ 1 PM](#)

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

### [October 24th: Virtual Race Series](#)

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

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## Join our Esports Discord Server!



Want to connect with other Esports participants? Have questions about Esports at Titan Recreation? [Join our discord server now!](#)

Registration is still open for the following leagues and tournaments. Sign-up NOW and compete for the coveted Intramural Champion T-shirt!

- 5v5 League of Legends
- 2v2 Rocket League
- 2v2 Call of Duty: Warzone

[Register for Esports here](#) and don't forget to [sign-up here](#).

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## Tips of the Month



One of the most common misconceptions in fitness is that ***lifting weights will make you bulky***. For people who are cautious of looking “too big” or “too muscular,” this fitness myth might cause them to train ineffectively, or even steer them away from a training mode that is actually essential in burning fat.

[READ MORE...](#)

The difference between a sprain and strain is simple. A **sprain** is stretching or tearing of a ligament, and a **strain** is stretching or tearing of muscle or tendon. If you experience a minor strain or sprain, remember to follow the pneumonic acronym, **R.I.C.E.**

[READ MORE...](#)

To view our previous Safety Tips [click here](#).



## Learn about the 10 Hiking Essentials



Did you know about the **10 Hiking Essentials**? Well, our Outdoor Coordinator has you covered!

Check out this short video where we review the 10 hiking essentials for you to be prepared for your next outdoor adventure.

## Recipe of the Month

Check out this delicious [Pumpkin Bread recipe](#) to start the Fall season off right...maybe add a Pumpkin Spice Latte on the side!



# Reminders & Updates

## 1. Virtual Offerings

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

## 2. Facility Update

- The Student Recreation Center remains closed until further notice.

## 3. Titan Recreation Portal

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

## 4. Membership Update

- All monthly and payroll memberships were frozen in March. You are not being charged for your membership while the facility is closed.

**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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