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

**TITAN RECREATION**

**UPCOMING EVENTS**

**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!
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](#).

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.

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!