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...
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...

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 Dieanna**
  Every Wednesday & Thursday @ 12PM
  Click here for more information!

View our Fall 2020 Class Schedule
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

UPCOMING EVENTS

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.
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!

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.

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!