

How to attend Group Fitness:

Come take one of our group fitness sessions, but remember to secure your spot.

How to secure your spot:

1. Go to the Fitness Centre front desk w/ your CSUN ID.
2. Choose your session and check in w/ Fitness Centre desk attendant.
3. FC desk attendant will place you on the roster and give you a group fitness card.
4. Turn in your group fitness card to the session instructor.
5. Don't forget your towel and water.
6. Get Fit!

*Note: You can reserve a spot in a session up to 2 hours before the schedule start time, each session is limited to 16, and no one other than yourself can reserve your spot.

Group Fitness Session

- Beat Down
- Zumba Hip Hop
- Strength & Conditioning
- Boxers Basics
- Cardio Hip Hop
- Ab Strength
- Yoga
- Pilates Flow