



COMMIT TO BE FIT ONLINE

The **CSUN Commit to be Fit Program** is a **FREE online-based** group fitness program that aims at helping people of **ALL fitness levels** reach their goals. These evidence-based workouts are created and led by **CSUN Kinesiology** students who provide the CSUN campus and community members accessible, innovative, and effective ways to stay healthy.

SPRING 2022*

Monday -Thursday 5:30-6:15 p.m. PST

The Fall Session goes from February 14 through May 5, 2022.

*Visit our website for full schedule and registration.

Note: All faculty, staff, students, and community members attending the in-person sessions are required to wear masks, practice social distance and complete the campus clearance survey for proof of entry into RE200.

Redwood Hall 200 Proof of Entry

1. Student health screening survey: <https://bit.ly/3BPDoZc>
2. Employee health screening survey: <https://bit.ly/3zWn096>
3. Visitor health screening survey: <https://bit.ly/3n6l3BY>

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