

REGISTRATION NOW OPEN!

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 2021

Thursday, 2/4/21 (5-6 p.m.): **Participant Orientation**

--> Orientation link: <http://bit.ly/ctbf-sp21-orientation>

Monday, 2/8/21 (5:30-6:15 p.m.): **Start Date**

--> Workout Link: <http://bit.ly/ctbf-sp21-workouts>

Registration & Full Schedule

<https://ctbf.netlify.app>

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