



**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\*

02/04/21 (5-6 p.m.): **Participant Orientation**

02/08/21 (5:30-6:15 p.m.): **Start Date**

02/08/21 & 2/11/21 (5-7 p.m.): **Pre-test Fitness Assessments**

03/15/21-3/21/21: **Spring Recess**

03/31/21: **Cesar Chavez Holiday**

05/03/21 & 05/06/21 (5-7 p.m.): **Post-test Fitness Assessments**

05/06/21: **Final Session**

\*Visit our website for full schedule and registration.

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