



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.

SUMMER 2021*

06/01/21 (5:30-6:30 p.m. - PDT): **Start Date**

06/27/21-07/04/21: **Summer Recess**

07/29/21 (5:30-6:15 p.m. - PDT): **Final Session**

*Visit our website for full schedule and registration.

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<https://ctbf.netlify.app>

