



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.

FALL 2021*

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

The Fall Session goes from August 30 through December 9, 2021.

*Visit our website for full schedule and registration.

REGISTRATION NOW OPEN!

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+
WELLBEING



CTBFIT

<https://ctbf.netlify.app>

