



# 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 5:30-6:15 p.m. PST**

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

\*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/3n6I3BY>

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