

BEACH BALANCE

Nutrition Counseling • Biofeedback • Massage
Therapy • Meditate • Learn • Relax • Thrive

FITNESS

Free Fitness Assessments • Personal Training •
Instructed Classes • Free Group Classes

INCLUSIVE RECREATION

Barrier-free • Independent • Collaborate

AQUATICS

Sand Volleyball • Swimming Lanes • Spa • Swim
Lessons • CPR & First Aid Certifications

INTRAMURAL SPORTS

Coach • Learn • Play • Compete • Comradery

ROCK & OUTDOOR ADVENTURE

Camp • Climb • Hike • Explore

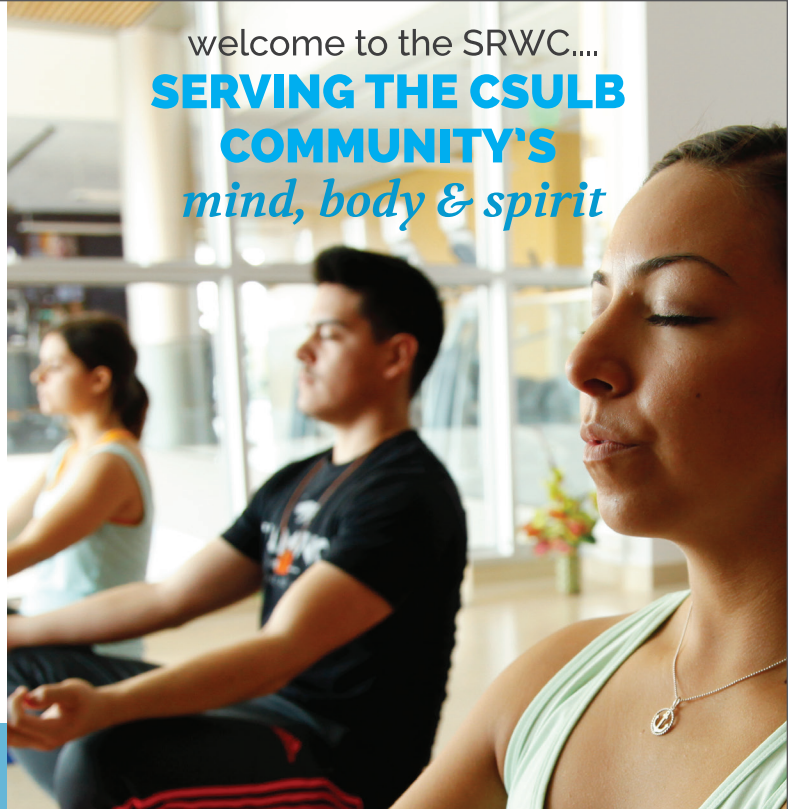
OWEN'S CONDITION for TUITION

Sign-up • Take Action • Commit • Win



**STUDENT RECREATION
& WELLNESS CENTER**

welcome to the SRWC....
SERVING THE CSULB
COMMUNITY'S
mind, body & spirit



learn more at **ASIRECREATION.ORG**
or inquire about becoming a member at **(562) 985-0775**