



USC University of
Southern California

POST DOCTORAL FITNESS HOUR

WHAT:

A mid day full body workout that incorporates weight, cardio and core training in a circuit style format. Various equipment will be used throughout the program such as TRX, bands, medicine balls, small weights, etc. But there will also be workouts that will use minimal equipment as well. No two workouts will be the same which helps keep things fresh and exciting.

WHERE:

At various locations on campus. Most workouts will be either on the USC track or intramural field or on the rooftop workout area located on the 3rd floor of the PE building. Emails will be sent out the morning of the workout to give the location and what the focal point of the workout will be.

WHEN:

The first meeting will be 12-1pm Wednesday, 9/19. Subsequent meetings will be 1pm-2pm every Monday and Wednesday throughout the entire 16 week semester.

WHO:

All fitness levels whether you regularly exercise or are new to working out. Good health begins somewhere!

BENEFITS:

1. Muscle strength, endurance and flexibility
2. Stress & anxiety relief
3. Improved immune system
4. Lower risk of chronic disease
5. Weight management
6. Build camaraderie

FOR MORE INFORMATION

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