



Fall Fitness Hour Classes Start Tuesday, August 24th!

Classes will be held every Tuesday and Thursday @ 1pm

WHAT IS THE POSTDOC FITNESS HOUR?

A full body workout that incorporates weight training, 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 and much more! 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.

WHO CAN ATTEND?

Anyone who is in the USC PostDoctoral Program, regardless of fitness level. And it's FREE!

WHERE IS IT HELD?

For the fall 2021 semester, the workouts will be hybrid: Tuesday classes will be in-person and Thursday classes will be via Zoom. In-person classes will be held either on the rooftop gym of the PE building, the USC track or the IM Field (Cromwell Field). On hotter days, they may be moved into the Lyon Center. All in-person classes will be available through Zoom as well.

Because of COVID, the location will be very fluid and subject to change. Please make sure to check your emails the morning of the workouts to get the location and Zoom information.

Classes are taught by coach Kevin Robinson.
He is full time faculty in the PE department as well as being a
personal trainer for the past 18 years.

You can email him at: kevinrob@usc.edu

