USC Stay Active Update
#USCSTAYACTIVE

New Year, New U(SC Stay Active)!

New Low Rates!
- Student: $15/Month
- Staff/Faculty: $20/Month
- Alumni/Guest: $25/Month

Premium Pass Benefits!
- 70+ WORK Online Live and Streamed Classes/Week
- Exclusive USC Instructor-led WORK Online Classes for USC Community
- Physical Therapist Virtual Appts.
- F45 Online Access

Purchase Premium Pass Here!

If you haven't tried the WORK Online Live Fitness Classes yet check out this video about the interactive and engaging experience and community atmosphere that makes these classes so incredible!
Weekly FREE WORK Online Live Classes - New and Unique Schedule Every Week!

#USCSTAYACTIVE  Week of 1/18

WORKflow Yoga - Mon @ 9am
Build, Balance, Burn - Mon @ 1pm
Bodyweight Burn - Mon @ 5pm
Mat Pilates Flow - Tue @ 8am
Force & Hardcore - Tue @ 12pm
Bodyweight Burn - Tue @ 3:30pm
Bodyweight Burn - Wed @ 6:30am
Pulse - Wed @ 4:30pm
WORKflow Yoga - Wed @ 5:30pm
Reach & Lift - Thu @ 8am
Performance Pilates - Thu @ 9:30am
Soul Line Dance - Thu @ 1pm
WORKflow Yoga - Fri @ 9am
Impact - Fri @ 2:30pm
Overtime - Sat @ 10am

More Information About Virtual Fitness!
Purchase Premium Pass Here!
# USC Staff/Faculty Fitness Incentive

**Fitness Incentive Fact Sheet**

---

**ATTENTION STAFF/FACULTY!**

Join the USC Stay Active Community Today!

*USC Will Reimburse you for up to $220 of fitness-related expenses for the year!*

---

**Virtual Zoom Classes - Spring Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Barre</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Zumba</td>
</tr>
<tr>
<td>11:00am</td>
<td></td>
<td></td>
<td></td>
<td>Barre</td>
<td></td>
<td></td>
<td>Zumba</td>
</tr>
<tr>
<td>12:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yoga Flow</td>
<td>Grace</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Power</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00pm</td>
<td>Pilates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yoga Flow</td>
<td>Grace</td>
</tr>
<tr>
<td>3:00pm</td>
<td>POP</td>
<td>Yoga</td>
<td></td>
<td></td>
<td></td>
<td>Yoga</td>
<td>Grace</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Pilates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**USC Group Ex Zoom Schedule - Spring 2021**


*No Group Ex Classes on these holidays: 1/18 & 2/15/21*

Sign-up up to 7 days in advance at myrecsports.usc.edu to sign your waiver and reserve your spot. An email confirmation with the "Join Session" link be sent after registration.
New Year Fitness Bingo

Join our New Year Fitness Bingo to jump start your 2021 by making exercise a priority. Workouts are amazing for stress, will leave you feeling energized, and will boost your immune system!

Rules: Complete 4 in a row in a vertical, horizontal, or diagonal line and email us at uscrecsports@gmail.com to be entered into our drawing! Winner will be drawn on Instagram Live Friday, February 12th at 12pm PST for USC Nike Gear!

#USCStayActive #NewYearsFitnessBingo

![New Year Fitness Bingo Card]

Trojan Fitness YouTube Channel

Check out our YouTube Channel for some incredible resources from desk stretching to full length workout videos and more!
Virtual Personal Training

Our Virtual Personal Training services provide customized training programs to meet individual fitness needs and goals while not being able to use our facilities. Our certified Personal Trainers will educate and inform you about technique, proper body mechanics, and sound health and fitness principles.

*No equipment is required, but can be incorporated if possible.
Virtual Private Pilates is one-on-one sessions with our Certified Pilates Instructor who will provide coaching so you can maintain your proper form and cue you into each move with precision and skill. Your sessions will be designed specifically for your fitness needs & goals.

*No equipment is required, but can be incorporated if possible.

**VIRTUAL PRIVATE PILATES**

**One on One Sessions**
- 1 Session $35
- 5 Sessions: $220 (Buy 4 get 1 Free)

**Partner Training Sessions**
- 5 Sessions $360 (Buy 4 get 1 Free)

Dates/Times: 7 Days/Week
Location: Online Via Zoom!
Eligibility: Students, Staff, Faculty, Alumni, and Guest Members
Sign up: https://bit.ly/USCVirtualPT

Virtual Pilates packet must be completed and submitted to us via website!

It’s time to get to WORK USC, Stay Active!

Follow us on Instagram!
Follow us on Facebook!
Subscribe to our YouTube Channel!

Follow Trojan Fitness on IG!
Follow Intramural Sports on IG!
Subscribe to Trojan Fitness YouTube!

Comments or Concerns?

Contact us at recsports@usc.edu
Visit our website at recsports.usc.edu

New Year, New U(SC Stay Active!)