

USC Upstate Fitness Services



www.uscupstate.edu/wellness

WHO IS ELIGIBLE:

Students

Faculty *

Staff*

Dependents*

*Must be members of
Wellness Center

To make an
appointment:

Call : 503-5080

Payment must be made
before appointments will
be scheduled.

About the program:

The USC Upstate Wellness Center Personal Training and Wellness Program provide students, faculty, and staff and dependents the opportunity to train under the supervision of skilled professionals. Not only are there benefits for the client, but also opportunities for the trainers to gain valuable experience by putting into practice what is learned in the classroom and certifications.

Types of Packages & Pricing

Blood Pressure, Weight, Handheld (Body composition) Testing: FREE

Determine the ratio of lean body mass to fat mass.

IMPORTANT: We require clients to wear shorts and a T-shirt. Clients should not work out beforehand or apply any lotions of any kind to ensure accuracy.

Weight Room Orientation: FREE

An individualized one time personal fitness consultation where the client and trainer go through each piece of weight room and cardio equipment to ensure proper technique and safety. Basic strength training programs can be given upon request.

Basic Fitness Assessment: (Students: \$5 Faculty / Staff / Dependents: \$10)

Basic Fitness Assessment includes: blood pressure, height, weight, body composition, sub-maximal treadmill test, sit & reach test, grip strength test, partial curl-up test, push-up test. It takes about 60 minutes.