

USC RECREATIONAL SPORTS



RECOVERY SESSION PACKET

WELCOME TO USC REC SPORTS FITNESS PROGRAMS

GETTING STARTED

The information included in this packet is everything you need to get started with a Personal Trainer or Recovery Session. After completing this form, you will be contacted by phone or email within two business days notifying you of your eligibility to participate in the program. On your first session please make sure to be well hydrated and have a light snack/meal 60-90 minutes before training sessions to prevent fatigue during the workout. Additionally, you may want to bring a water bottle and sweat towel.

PERSONAL TRAINING AND RECOVERY SESSION POLICIES

MEMBERSHIP

All personal training clients are required to have a current Recreational Sports Membership.

PAYMENT

Once matched with a personal trainer you will be invoiced for the training/recovery session you are interested in. Payment for sessions must be made in advance of meeting with your trainer. This may be made online through your MyRecSports online portal or in person at any of our facilities.

EXPIRATION DATE

You will have two consecutive semesters to complete your personal training sessions, summer session excluded. After the expiration date all remaining sessions will be invalid. Personal training sessions are non-refundable. If sessions must be discontinued due to medical reasons, clients may be eligible for a refund for incomplete sessions with medical documentation.

You will have one semester to complete your recovery sessions. After the expiration date all remaining sessions will be invalid. Recovery training sessions are non-refundable. If sessions must be discontinued due to medical reasons, clients may be eligible for a refund for incomplete sessions with medical documentation.

CANCELLATIONS

Personal trainers *must be given 24-hour notice for cancellations*. Notice should be in the form of an e-mail to the personal trainer with dlopez11@usc.edu CC'ed. If less notice is given, the session will be forfeited. If you do not CC dlopez11@usc.edu, the session will be forfeited.

TARDINESS

Please arrive on time to your personal training sessions. If you will arrive more than 15 minutes late, please contact the personal trainer and notify the front desk of the recreation center. You will forfeit time lost due to tardiness. All sessions will end 60 minutes after the originally scheduled start time. Personal trainers are expected to wait up to 15 minutes after the scheduled start time. As listed under cancellations, sessions are forfeited if cancelled with less than 24 hours' notice, this includes tardiness.

CHECK-IN LOCATION

All recovery sessions will be held at the Lyon Center.

RECOVERY SESSION DESCRIPTIONS AND RATES

**Below are the service options, please select the session you are most interested in.*

Recharge, recover, and reset in our Recovery Room located in Lyon Center. This dedicated space is designed to help improve muscle soreness, improve circulation, and promote relaxation.

Each 30 minute session includes access to a variety of tools including:

NormaTec Compression Boots – Dynamic air compression technology that helps increase circulation, reduce muscle fatigue, and accelerate recovery

Theragun Percussion Massage Device – Provides targeted deep muscle treatment to relieve tension, decrease soreness, and improve mobility

Zero Gravity Chairs – Recline into a weightless position that helps reduce pressure on the spine, improve comfort, and encourage relaxation

Vibrating Foam Rollers – Combine vibration therapy with self-myofascial release to help loosen tight muscles, improve flexibility, and enhance recovery

Whether you had a long day studying or had an intense workout, the Recovery Room offers an effective way to recover, reduce stress, and improve overall wellness.

PLEASE SELECT THE SERVICE YOU ARE INTERSTED IN

- ☐ 1 Session: \$20
- ☐ 5 Sessions: \$100

**To compliment your personal training services please check out our additional wellness offerings through USC Rec Sports at <http://sait.usc.edu/recsports/fitness-and-recreation/fitness/> These services include a wide variety of group fitness and mind body classes, private pilates, and massage therapy.*

MEDICAL HISTORY

*Please check all that apply

Are you currently being treated for high blood pressure? ☐ Yes ☐ NoIf yes are you currently on blood pressure medication? ☐ Yes ☐ No☐ Abnormal EKG?☐ Arthritis?☐ Stroke?☐ Asthma?☐ Foot Pain?☐ Recent Broken Bones?☐ Diabetes?☐ Knee Pain?☐ Swollen or Painful Joints?☐ Low Blood Pressure?☐ Back Pain?☐ Surgeries?☐ Limited Range of Motion?☐ Shoulder Pain?☐ Are You Pregnant?**PERSONAL INFORMATION**

Today's Date: ____/____/____ Your Name: _____

Date of Birth: ____/____/____ Gender: _____

Address: _____

City: _____ Zip: _____ State: _____

Email Address: _____ Phone: _____

Emergency Contact: Name: _____ Phone: _____

Physician: Name: _____ Phone: _____

Membership Status: Student ☐ Staff/Faculty ☐ Alumni ☐ Guest ☐**AVAILABILITY****Please check all days and time periods that will work best for your schedule.*

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00A-12:00P	☐	☐	☐	☐	☐
12:00P-3:00P	☐	☐	☐	☐	☐
3:00P-6:00P	☐	☐	☐	☐	☐
