



THE FRIED CENTER FOR FUNCTIONAL EXERCISE *at* THE STUDENT HEALTH AND WELLNESS



WHAT TO EXPECT?

When you arrive at The Fried Center, check in at our reception desk. Wear athletic or comfortable clothing for your exercise sessions. All the equipment you need is provided, just bring yourself and a water bottle. Your first visit will include a thorough evaluation and a discussion about your goals. Follow-up appointments will consist of personalized full-body workout programs.



Are you a UVA student looking to enhance your health and well-being during your time at the University of Virginia? FCAP offers personalized one on one functional exercise sessions tailored just for you. These sessions are only \$30 per 1-hour session. You'll be guided by trained fitness staff and supervised by licensed physical therapists and certified strength and conditioning specialists. Our 3,000 sq ft gym is equipped with cutting-edge functional exercise equipment, cardio machines, and a 50-foot suspension track on turf!

CAN I BENEFIT?

If you find yourself looking for the below, FCAP can help you optimize your health and well-being with functional exercise.

- **Mental Health Support:** Exercise can be a powerful tool to improve your mental health and reduce stress. FCAP provides a safe and supportive environment for those seeking to enhance their emotional well-being.
- **Injury Prevention & Prehab:** Whether you are an active individual who wants to prevent injuries before they happen, or someone who is considering their functional longevity, our tailored exercise programs can help you stay injury-free and resilient.
- **Long-Term Injury Management:** If you're dealing with a long-term injury, our experienced team can work with you to develop exercise strategies that support your recovery and overall health.
- **Healthy Lifestyle Improvement:** If you're looking to get fit, build strength, or adopt a healthier lifestyle, FCAP can be your partner in achieving health-related goals.