

INSTRUCTIONAL FITNESS SCHEDULE

FALL 2017 August 21 - December 5

	Monday	Tuesday	Wednesday	Thursday
5:30 p.m.	Boxing 101 5:30-6:30 p.m. Petey (BOX)	Boxing 101 5:30-6:30 p.m. Petey (BOX)	Boxing 101 5:30-6:30 p.m. Petey (BOX)	Boxing 101 5:30-6:30 p.m. Petey (BOX)
7 p.m.		Boxing 201 7:00-8:15 p.m. Phil (BOX)		Boxing 201 7:00-8:15 p.m. Phil (BOX)
8 p.m.	Ballet 8:00-9:00 p.m. Brianna (A)	Contemporary Dance 8:00-9:00 p.m. Brianna (A)		

No Class
 9/1-9/4
 10/27 - 10/29
 11/17 - 11/26
 (Dates subject to change)

Ballet

This class focuses on classical techniques while incorporating choreography and across-the-floor work. It will expand your foundational knowledge of ballet while increasing your balance and grace. All levels welcome.

Belly Dance Beyond Basics

Experience the ancient art of belly dancing! This class will teach beyond the introductory movements and choreography. Increase your body's flexibility and strength while learning to move gracefully and sensually.

Boxing 201

This boxing class is designed for those who want more advanced training technique and/or who already have a high level of physical conditioning. Wrist straps are required and can be purchased at Equipment Checkout.

Belly Dance Basics

Experience the ancient art of belly dancing! This class will teach introductory movements and choreography while increasing your body's flexibility and strength.

Boxing 101

Learn basic punches, correct footwork, and basic patterns of movement. This class is a great option for those looking to improve core strength, cardiovascular conditioning, functional strength, and technique. Wrist straps are required and can be purchased at Equipment Checkout.

Contemporary Dance

Dance to traditional and non-traditional music from every genre in this emotional, liberating form of dance that uses turns, leaps, and graceful movements.

Ramsey Membership and class-specific pass required to attend instructional fitness classes.
 Visit the Rec Sports website or main office to purchase a pass.