## INSTRUCTIONAL FITNESS SCHEDULE
### FALL 2015 | AUGUST 17TH-DECEMBER 6TH

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 12:15PM| Boxing 101  
(12:15-1:15)  
Keith (BOX) | Boxing 101  
(12:15-1:15)  
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(12:15-1:15)  
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(12:15-1:15)  
Keith (BOX) | Boxing 101  
(12:15-1:15)  
Keith (BOX) |
| 4:00PM | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) |
| 5:30PM | Int/Adv Kickboxing  
(5:30-6:30)  
Spencer (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) | Women’s Kickboxing  
(4:00-5:00)  
Lissa (BOX) |
| 6:15PM | Beginner Ballet  
(6:15-7:30)  
Elizabeth (A) | Advanced Ballet  
(5:30-6:45)  
Elizabeth (A) | Intermediate/Advanced Kickboxing  
(5:30-6:30)  
Spencer (BOX) | Advanced Ballet  
(5:30-6:45)  
Elizabeth (A) | Intermediate/Advanced Kickboxing  
(5:30-6:30)  
Spencer (MA) |
| 7:00PM | Boxing 101  
(7:00-8:00)  
Brendan (BOX) | Boxing 101  
(7:00-8:00)  
Brendan (BOX) | Boxing 101  
(7:00-8:00)  
Brendan (BOX) | Boxing 101  
(7:00-8:00)  
Brendan (BOX) | Belly Dance Beyond Basics  
(7:00-8:15)  
Samira (A) |
| 7:30PM | Contemporary Dance  
(7:00-8:00)  
Elizabeth (A) | Jazz Dance  
(7:00-8:00)  
Nia (A) | Contemporary Dance  
(7:00-8:00)  
Elizabeth (A) | Contemporary Dance  
(7:00-8:00)  
Elizabeth (A) | Contemporary Dance  
(7:00-8:00)  
Elizabeth (A) |

### Advanced Ballet:
This class focuses on classical technique while incorporating choreography and across-the-floor work. This class is designed for the dancers with a strong knowledge of ballet foundation. A basic level of ballet training recommended but not required.

### Beginner Ballet:
This class will provide students with the knowledge of ballet foundations and improve your balance and grace. *No experience necessary.

### Belly Dance (Basics & Beyond Basics):
Experience the ancient art of Belly Dancing! This class will teach introductory movements and choreography. Increase your body’s flexibility and strength while learning to move gracefully and sensually.

### 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.

### Jazz Dance:
Master fundamental jazz principles while learning technique and combinations to traditional and contemporary jazz music.

### Boxing 101:
Learn the basic punches, correct footwork, and basic patterns of movement. This class is a great option for those looking to improve cardiovascular conditioning, core strength, functional strength, and technique. Wrist straps are required and can be purchased at Equipment Checkout for $5.

### 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 for $5.

### Intermediate/Advanced Kickboxing:
Take your training to the next level. Work your total body and learn Muay Thai Kickboxing techniques in this intensive conditioning class. Wrist straps are required and can be purchased at Equipment Checkout for $5.

### Sparring:
This class is designed for those with previous boxing or kickboxing experience. Participants will build technique during this guided sparring session. Heavy bags, focus mitts, headgear, and gloves will be used during the workouts. Participants must provide their own mouthpiece and wrist wraps.

### Women’s Kickboxing:
Designed for women only, this version of a high-intensity cardio kickboxing includes a combination of kicks and punches that will tone your whole body.

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No Classes: 9/6-9/7, 10/30-11/1, 11/22-11/29

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