Monday | Tuesday | Wednesday | Thursday
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7 p.m. | 5 p.m. | 7:30-9:00 p.m. | 7:30-9:00 p.m.
Belly Dancing | Boxing 201 | Ballet | Focus Mitt Boxing
Samira (B) | Phil (BOX) | 5:00-6:00 p.m. | Petey (BOX) 5:30-6:15 p.m.
5:30-6:30 p.m. | 7:00-8:15 p.m. | Phil (BOX) | Petey (BOX)
Petey (BOX)

**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.

**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.

**Focus Mitt Boxing**
Have you taken the Boxing 101 class? Are you looking for a little more than just learning correct form on punches? Come check out our Focus Mitt Boxing that will take things a step further and teach boxing combinations then test that you’ve remembered the combo throughout class!

**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 Dancing**
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.

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