

SPRING 2021 SMALL GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6AM	Women's Weightlifting #1 (C) 6:30-7:30AM Grace	Women's Weightlifting #3 (VIRTUAL) 6:30-7:30AM Grace	Women's Weightlifting #1 (C) 6:30-7:30AM Grace	Women's Weightlifting #3 (VIRTUAL) 6:30-7:30AM Grace
12PM	Boxing 101 #1 (BOX) 12:00-1:00PM Dalton		Boxing 101 #1 (BOX) 12:00-1:00PM Dalton	
3PM	Beginner Strength Training (C) 3:00-4:00PM Tevin		Beginner Strength Training (C) 3:00-4:00PM Tevin	
4PM		Contemporary Dance (A) 4:00-5:00PM Sydney		Contemporary Dance (A) 4:00-5:00PM Sydney
5PM	Women's Weightlifting #2 (C) 5:30-6:30PM Hope	East Georgia Cancer Coalition Survivor Wellness (VIRTUAL) 5:30-6:30PM Emily	Women's Weightlifting #2 (C) 5:30-6:30PM Hope	East Georgia Cancer Coalition Survivor Wellness (VIRTUAL) 5:30-6:30PM Emily
	Belly Dancing (E) 5:30-6:30PM Alyssa	Ballet (A) 5:30-6:30PM Sydney	Belly Dancing (E) 5:30-6:30PM Alyssa	Ballet (A) 5:30-6:30PM Sydney
6PM	Boxing 201 #1 (BOX) 6:00-7:00PM Connor P.	Boxing 101 #2 (BOX) 6:00-7:00PM Connor P.	Boxing 201 #1 (BOX) 6:00-7:00PM Connor P.	Boxing 101 #2 (BOX) 6:00-7:00PM Connor P.
	Bodyweight Strength Training (VIRTUAL) 6:00-7:00PM Connor W.	MMA Conditioning (Racquetball Court 1) 6:00-7:00PM Kelsey	Bodyweight Strength Training (VIRTUAL) 6:00-7:00PM Connor W.	
		Beach Bod (C) 6:45-7:45PM Emily		Beach Bod (C) 6:45-7:45PM Emily
7PM	Boxing 101 #3 (BOX) 7:30-8:30PM Connor P.	Boxing 201 #2 (BOX) 7:30-8:30PM Connor P.	Boxing 101 #3 (BOX) 7:30-8:30PM Connor P.	Boxing 201 #2 (BOX) 7:30-8:30PM Connor P.



Recreational Sports

Student Affairs

UNIVERSITY OF GEORGIA

PURCHASE SMALL GROUP TRAINING:

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Ballet	Expand your knowledge of ballet while increasing your balance and grace! In this progressive, skill-based class, you will learn the foundations of ballet including the basic positions and technique while focusing on classical techniques and incorporating choreography and across-the-floor work. All levels welcome!
Beach Bod	This progressive, goal-oriented class will consist of multiple training styles including HIIT, MetCon, and circuit training that will focus on efficiently burning calories, increasing muscle, and toning your body in a healthy way just in time for your beach plans. Get ready to work out in a fun, supportive, community environment!
Beginner Strength Training	If you've never been taught the foundations of weightlifting, now is the time to learn! Our instructor will teach you basic lifting techniques to help you get the most out of your workouts in this progressive, goal-oriented class open to all! Get ready to work out in a fun, supportive, community environment!
Belly Dancing	Experience the ancient art of belly dancing and learn to move gracefully and sensually! This progressive, skill-based class will teach both the introductory movements as well as more advanced movements and choreography while increasing your body's flexibility and strength.
Bodyweight Strength Training	Looking for a serious fitness option accessible from any location you choose using only your body? Bodyweight Strength Training is perfect as it will push you to use your body to increase your strength, endurance, and mobility. Join a supportive community for a progressive, exciting way to be healthy and improve cardiovascular and muscle efficiency!
Boxing 101	Learn basic punches, correct footwork, and basic patterns of movement in this progressive, skill-based class. Boxing improves core strength, cardiovascular conditioning, functional strength, and mental focus. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.
Boxing 201	Boxing 201 is designed for those who want more advanced training. This progressive, skill-based class will challenge your limits while maintaining a strong focus on technique. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.
Contemporary Dance	Fall in love with the art of dance! In this progressive, skill-based class, you will learn the foundations of a variety of dance styles and techniques while expressing yourself through choreography. All levels welcome!
East Georgia Cancer Coalition Survivor Wellness	This progressive, goal-oriented, virtual class is designed to provide customized exercise regimens catered to cancer survivors. The class will be led by instructors trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care. Instructors will create a fun, supportive, community environment for all cancer survivors and their supporters! Cancer survivors & supporters interested in participating in the East Georgia Cancer Coalition Survivor Wellness program should complete this form to register.
Mixed Martial Arts (MMA) Conditioning	Mixed Martial Arts (MMA) Conditioning incorporates a fusion of Taekwondo, Muay Thai, and Kickboxing. This class is focused on introducing new ways of engaging your entire body for optimal performance. Fundamentals and mat techniques will be taught in the Mind/Body Studio. No experience is needed, and all levels are welcome! Come, and get your sweat on!
Women's Weightlifting	Do you find weightlifting intimidating? Are you looking to improve your form and technique? This women's-only progressive, goal-oriented class will teach proper form and technique for major lifts such as the squat, deadlift, bench press, and power clean. You will also learn how to develop your own weightlifting program to your individual needs and goals. Get ready to work out in a fun, supportive, community environment!



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