

# FALL 2022 SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7AM		<b>Women's Weightlifting #1 (C)</b> 7:00-8:00AM Jalyn		<b>Women's Weightlifting #1 (C)</b> 7:00-8:00AM Jalyn
12PM		<b>Defensive Arts &amp; Personal Well-Being (BOX)</b> 12:00-1:00PM Mike		<b>Defensive Arts &amp; Personal Well-Being (BOX)</b> 12:00-1:00PM Mike
		<b>Ballet (A)</b> 12:15-1:15PM Katherine		<b>Ballet (A)</b> 12:15-1:15PM Katherine
5PM		<b>Women's Weightlifting #2 (C)</b> 5:30-6:30PM Vongai		<b>Women's Weightlifting #2 (C)</b> 5:30-6:30PM Vongai
	<b>Beach Bod (A)</b> 5:30-6:30PM Madison			<b>Beach Bod (D)</b> 5:30-6:30PM Madison
	<b>Happy, Alive &amp; Built to Survive (Virtual)</b> Yazan 5:45-6:45PM	<b>Happy, Alive &amp; Built to Survive (Virtual)</b> Yazan 5:45-6:45PM	<b>Happy, Alive &amp; Built to Survive (Virtual)</b> Yazan 5:45-6:45PM	<b>Happy, Alive &amp; Built to Survive (Virtual)</b> Yazan 5:45-6:45PM
6PM	<b>Boxing 201 (BOX)</b> 6:45-7:45PM Abby B.	<b>Boxing 101 (BOX)</b> 6:45-7:45PM Autumn	<b>Boxing 201 (BOX)</b> 6:45-7:45PM Abby B.	<b>Boxing 101 (BOX)</b> 6:45-7:45PM Jasmine



Recreational Sports

Student Affairs

UNIVERSITY OF GEORGIA

**PURCHASE SMALL GROUP TRAINING:**

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**SESSION 1 AUGUST 22-OCTOBER 16 | SESSION 2 OCTOBER 17-DECEMBER 18**

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<b>Ballet</b>	<p>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!</p>
<b>Beach Bod</b>	<p>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!</p>
<b>Boxing 101</b>	<p>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.</p>
<b>Boxing 201</b>	<p>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.</p>
<b>Defensive Arts &amp; Personal Well-being</b>	<p>Strengthen your body, challenge your mind, and learn how to protect yourself. This class will consist of learning efficient and effective striking techniques while integrating some cardio and strength training. Striking techniques will be linked to addressing/escaping simulated real-world scenarios (holds and chokes). Psychoeducation will be a major component with discussions and lessons on the physiological and psychological reactions experienced in high stress situations. Participants will learn skills to cope with stress and practice self-awareness. Class is ideal for those with little to no experience, but all skill levels are welcome.</p>
<b>Happy, Alive &amp; Built to Survive!</b>	<p>This progressive, goal-oriented, 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 &amp; supporters interested in participating in the Happy, Alive &amp; Built to Survive program through the East Georgia Cancer Coalition should complete <a href="#">this form</a> to register.</p>
<b>Women's Weightlifting</b>	<p>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!</p>



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