

SPRING 2023 SMALL GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
6AM	Women's Weightlifting #1 (C) 6:30-7:30AM Sierra	Couch to 5k (C) 6:30-7:30AM Devin W.	Women's Weightlifting #1 (C) 6:30-7:30AM Sierra	Couch to 5k (C) 6:30-7:30AM Devin W.	
4PM	Boxing 101 (BOX) 4:15-5:15PM Evie	Boxing 201 #1 (BOX) 4:15-5:15PM Jordan	Boxing 101 (BOX) 4:15-5:15PM Evie	Boxing 201 #1 (BOX) 4:15-5:15PM Jordan	
5PM	Women's Weightlifting #2 (C) 5:15-6:15PM Vongai	Women's Weightlifting #3 (C) 5:15-6:15PM Madison	Women's Weightlifting #2 (C) 5:15-6:15PM Vongai	Women's Weightlifting #3 (C) 5:15-6:15PM Madison	
		Kickboxing #1 (BOX) 5:30-6:30PM Evie		Kickboxing #1 (BOX) 5:30-6:30PM Evie	
	Happy, Alive, & Built to Survive (Zoom) 5:45-6:45PM Devin W.	Happy, Alive, & Built to Survive (Zoom) 5:45-6:45PM Devin W.	Happy, Alive, & Built to Survive (Zoom) 5:45-6:45PM Yazan	Happy, Alive, & Built to Survive (Zoom) 5:45-6:45PM Yazan	
6PM	Boxing 201 #2 (BOX) 6:45-7:45PM Jasmine	Beginner Strength Training (C) 6:30-7:30PM Gleb	Boxing 201 #2 (BOX) 6:45-7:45PM Jasmine	Beginner Strength Training (C) 6:30-7:30PM Gleb	Defensive Arts & Personal Well-being (F) 6:00-8:00PM Michael
		Kickboxing #2 (BOX) 6:45-7:45PM Evie		Kickboxing #2 (BOX) 6:45-7:45PM Evie	Beach Bod (C) 6:00-8:00PM Yazan



Recreational Sports

Student Affairs

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SESSION 1 JANUARY 9 – MARCH 3 | SESSION 2 MARCH 13 – MAY 5

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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!
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.
Couch to 5k	Couch to 5k will serve as training option for beginner and intermediate runners who either aspire to compete in a middle-distance/long-distance race or further their aerobic training. Classes will include running, dynamic stretching, footwork drills, improving overall running technique, varying workout designs (e.g., speed, metabolic conditioning, tempo work, intervals, etc.), and core strengthening. All levels welcome!
Defensive Arts & Personal Well-being	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.
Happy, Alive & Built to Survive!	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 & supporters interested in participating in the Happy, Alive & Built to Survive program through the East Georgia Cancer Coalition should complete this form to register.
Kickboxing	Kickboxing is an all levels class teaching the fundamentals of kickboxing as well as more advanced movements while improving total body conditioning.
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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