

# FALL 2023 SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>7AM</b>		<b>Women's Weightlifting #1 (C)</b> 7:00-8:00AM Valeria		<b>Women's Weightlifting #1 (C)</b> 7:00-8:00AM Valeria		
	<b>Women's Technical Boxing (BOX)</b> 6:45-7:45AM Jasmine		<b>Women's Technical Boxing (BOX)</b> 6:45-7:45AM Jasmine		<b>Women's Technical Boxing (BOX)</b> 6:45-7:45AM Jasmine	
<b>4PM</b>	<b>Kickboxing 101 #1 (BOX)</b> 4:30-5:30PM Evie		<b>Kickboxing 101 #1 (BOX)</b> 4:30-5:30PM Evie			<b>Boxing 101 #2 (BOX)</b> 4:00-6:00PM Jasmine
<b>5PM</b>	<b>Boxing 201 (BOX)</b> 5:45-6:45PM Jordan	<b>Kickboxing 101 #2 (BOX)</b> 5:15-6:15PM Evie	<b>Boxing 201 (BOX)</b> 5:45-6:45PM Jordan	<b>Kickboxing 101 #2 (BOX)</b> 5:15-6:15PM Evie		
	<b>Happy, Alive &amp; Built to Survive (C)</b> Jabari 5:15-6:15PM		<b>Happy, Alive &amp; Built to Survive (C)</b> Jabari 5:15-6:15PM			
<b>6PM</b>		<b>Women's Weightlifting #2 (C)</b> 6:00-7:00PM Ashiela		<b>Women's Weightlifting #2 (C)</b> 6:00-7:00PM Ashiela		<b>Defensive Arts &amp; Personal Well-being (F)</b> 6:00-8:00PM Mike
<b>7PM</b>	<b>Boxing 101 #1 (BOX)</b> 7:00-8:00PM Jordan	<b>Kickboxing 201 (BOX)</b> 6:30-7:30PM Jack	<b>Boxing 101 #1 (BOX)</b> 7:00-8:00PM Jordan	<b>Kickboxing 201 (BOX)</b> 6:30-7:30PM Jack		



Recreational Sports

Student Affairs

UNIVERSITY OF GEORGIA

**PURCHASE SMALL GROUP TRAINING:**

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**SESSION 1 AUGUST 21-OCTOBER 15 | SESSION 2 OCTOBER 16-DECEMBER 14**



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<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>Kickboxing 101</b>	<p>Kickboxing is an all levels class teaching the fundamentals of kickboxing as well as more advanced movements while improving total body conditioning.</p>
<b>Kickboxing 201</b>	<p>Kickboxing 201 is designed for those who want more advanced training. This is a technique focused class with advanced kicks and combos with an introduction to defensive techniques with a heavy focus on conditioning. Mouthguard and hand wraps required. Boxing 201 or Kickboxing 101 experience suggested.</p>
<b>Women's Technical Boxing</b>	<p>Women's Technical Boxing is a fast paced training class that combines boxing, kickboxing, and some self defense to take your skills to the next level. This class focuses on technique while also building strength and cardiovascular endurance. Previous boxing experience is highly encouraged. Hand wraps are required.</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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