

SPRING 2024 SMALL GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
6AM	Boxing 201 #1 (BOX) 6:30-7:30AM Jordan	Women's Weightlifting (C) 6:30-7:30AM Jabari	Boxing 201 #1 (BOX) 6:30-7:30AM Jordan	Women's Weightlifting (C) 6:30-7:30AM Jabari		
11AM					Boxing 101 #2 (BOX) 11:00AM-1:00PM Kieran	
4PM		Kickboxing 101 #1 (BOX) 4:15-5:15PM Evie		Kickboxing 101 #1 (BOX) 4:15-5:15PM Evie		Boxing 101 #3 (BOX) 4:00-6:00PM Christine
5PM	Boxing 101 #1 (BOX) 5:15-6:15PM Jordan	Beginner Strength Training (C) 5:30-6:30PM Nick	Boxing 101 #1 (BOX) 5:15-6:15PM Jordan	Beginner Strength Training (C) 5:30-6:30PM Nick		
	Happy, Alive, and Built to Survive (C) 5:15-6:15PM Jabari	Focus Mitts (BOX) 5:30-6:30PM Evie	Happy, Alive, and Built to Survive (C) 5:15-6:15PM Jabari	Focus Mitts (BOX) 5:30-6:30PM Evie		
6PM	Boxing 201 #2 (BOX) 6:30-7:30PM Jordan		Boxing 201 #2 (BOX) 6:30-7:30PM Jordan			Defensive Arts & Personal Well-being (F) 6:00-8:00PM Mike
	Kickboxing 201 (F) 6:45-7:45PM Jack	Kickboxing 101 #2 (BOX) 6:45-7:45PM Trevor	Kickboxing 201 (F) 6:45-7:45PM Jack			Kickboxing 101 #2 (BOX) 6:45-7:45PM Trevor



Recreational Sports

Student Affairs

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PURCHASE SMALL GROUP TRAINING:

[SHOP.RECSPORTS.UGA.EDU](https://shop.recports.uga.edu)

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SESSION 1 JANUARY 8 – MARCH 1 | SESSION 2 MARCH 11 – MAY 5

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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.
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.
Focus Mitts	Focus Mitts is a progressive, skill-based class designed to follow Boxing 101. This class takes Boxing 101 a step further by teaching a variety of combinations to test your physical and mental skill and focus. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.
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 101	Kickboxing is an all levels class teaching the fundamentals of kickboxing as well as more advanced movements while improving total body conditioning.
Kickboxing 201	Kickboxing 201 is designed for those who want more technical training. This is a technique focused class with advanced kicks and combos with an introduction to defensive techniques with a lesser focus on conditioning. Mouthguard and hand wraps suggested. Prior boxing or kickboxing experience is recommended, but not re-
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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