

SUMMER 2024 SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
3PM	Happy, Alive, and Built to Survive! (C) 3:30-4:30PM Jabari		Happy, Alive, and Built to Survive! (C) 3:30-4:30PM Jabari		Defensive Arts & Personal Well-being (BOX) 3:30-5:30PM Mike
4PM	Boxing 101 #1 (BOX) 4:00-5:00PM Session 2 Hang	Beginner Strength Training (C) 4:00-5:00PM Jabari	Boxing 101 #1 (BOX) 4:00-5:00PM Session 2 Hang	Beginner Strength Training (C) 4:00-5:00PM Jabari	
		Boxing 101 #2 (BOX) 4:00-5:00PM Session 2 Hang		Boxing 101 #2 (BOX) 4:00-5:00PM Session 2 Hang	
5PM	Kickboxing 201 (BOX) 5:15-6:15PM Jack	Couch to 5k (C) 5:30-6:30PM Session 1 Nick	Kickboxing 201 (BOX) 5:15-6:15PM Jack	Couch to 5k (C) 5:30-6:30PM Session 1 Nick	
6PM		Boxing 201 (BOX) 6:30-7:30PM Caner		Boxing 201 (BOX) 6:30-7:30PM Caner	



Recreational Sports

Student Affairs

UNIVERSITY OF GEORGIA

PURCHASE SMALL GROUP TRAINING:

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

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SESSION 1 JUNE 3-JUNE 28 | SESSION 2 JULY 1-JULY 26

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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.
Couch to 5k	Couch to 5k is a progressive, goal-focused class 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 201	Kickboxing is an all levels class teaching the fundamentals of kickboxing as well as more advanced movements while improving total body conditioning.



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