

SPRING 2025 SMALL GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
7AM		Women's Weightlifting (C) 7:30-8:30AM Naemah		Women's Weightlifting (C) 7:30-8:30AM Naemah	
12PM		Defensive Arts & Personal Well-being #1 (BOX) 12:00-1:00PM Mike		Defensive Arts & Personal Well-being #1 (BOX) 12:00-1:00PM Mike	
4PM		Boxing 101 #2 (BOX) 4:15-5:15PM Kieran		Boxing 101 #2 (BOX) 4:15-5:15PM Kieran	
5PM	Boxing 101#1 (BOX) 5:15-6:15PM Evie	Kickboxing 101 (BOX) 5:30-6:30PM Trevor	Boxing 101#1 (BOX) 5:15-6:15PM Evie	Kickboxing 101 (BOX) 5:30-6:30PM Trevor	Defensive Arts & Personal Well-being #2 (BOX) 5:30-7:30PM Mike
	Happy, Alive & Built to Survive! (C) 5:15-6:15PM Brody		Happy, Alive & Built to Survive! (C) 5:15-6:15PM Brody		
6PM		Boxing 201 (BOX) 6:45-7:45PM Kieran		Boxing 201 (BOX) 6:45-7:45PM Kieran	
7PM		Mixed Martial Arts (F) 7:30-8:30PM Jack		Mixed Martial Arts (F) 7:30-8:30PM Jack	



Recreational Sports
Student Affairs
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PURCHASE SMALL GROUP TRAINING:

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SESSION 1 JANUARY 6 – FEBRUARY 28 | SESSION 2 MARCH 9 – MAY 4

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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.
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.
Mixed Martial Arts	Mixed martial arts is an all-level class that mixes various martial arts such as Boxing, Muay Thai, and Karate. This class focuses heavily on technique over conditioning, allowing people of all sizes and backgrounds to thrive with classes becoming tailored to the needs of each individual student as the class progresses. There is a primary focus on striking with some basic grappling, ground fighting, and submissions, as well as including the option to spar once students are prepared. Although no equipment is required, personal equipment is welcome, and mouthguards are recommended.
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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