

FALL 2025

SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
4PM	Beginner Strength Training (C) 4:15-5:15PM Hannah W.	Women's Weightlifting (C) 4:15-5:15PM Hannah W.	Beginner Strength Training (C) 4:15-5:15PM Hannah W.	Women's Weightlifting (C) 4:15-5:15PM Hannah W.	Defensive Arts & Personal Well-being (BOX) 4:00-6:00PM Mike
		Taekwondo (F) 4:30-5:30PM Katie		Taekwondo (F) 4:30-5:30PM Katie	
5PM	Boxing 101#1 (BOX) 5:15-6:15PM Carlee	Mixed Martial Arts (F) 5:15-6:15PM Jack	Boxing 101#1 (BOX) 5:15-6:15PM Carlee	Mixed Martial Arts (F) 5:15-6:15PM Jack	
	Happy, Alive & Built to Survive (C) Brody 5:30-6:30PM	Kickboxing 101 (BOX) 5:30-6:30PM Trevor	Happy, Alive & Built to Survive (C) Brody 5:30-6:30PM	Kickboxing 101 (BOX) 5:30-6:30PM Trevor	
6PM	Ballet (A) 6:45-7:45PM Xi An		Ballet (A) 6:45-7:45PM Xi An		Kickboxing 201 (BOX) 6:15-8:15PM Trevor
	Boxing 201 (BOX) 6:30-7:30PM Kieran	Boxing 101 #2 (BOX) 6:45-7:45PM Kieran	Boxing 201 (BOX) 6:30-7:30PM Kieran	Boxing 101 #2 (BOX) 6:45-7:45PM Kieran	

FALL 2025 SMALL GROUP TRAINING	
Ballet	Expand your knowledge of ballet while increasing your balance and grace! In this progressive, skill-based class, you will learn the foundations of ballet including the basic positions and techniques while focusing on classical techniques, incorporating choreography and across-the-floor work. All levels welcome!
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.
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 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.
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.
Taekwondo	Taekwondo (TKD) is a martial art originating in South Korea that means “the way of the hand and foot.” This progressive, skill-based class utilizes kicks and punches to increase balance, stamina, endurance, and self-discipline. This class also seeks to improve perseverance and confidence. You will learn basic kicks, stances, and how to properly use our hands to build a strong foundation in this martial art.
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!