

FALL 2026

SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2PM	Line Dancing (B) 2:45-3:45PM Graham		Line Dancing (B) 2:45-3:45PM Graham		
5PM	Happy, Alive & Built to Survive (C) 5:30-6:30PM Brody	Taekwondo (F) 5:15-6:15PM Katie	Happy, Alive & Built to Survive (C) 5:30-6:30PM Brody	Taekwondo (F) 5:15-6:15PM Katie	
		Ballet (A) 5:30-6:30PM Natalie	Kickboxing 101 (BOX) 5:30-6:30PM Katie	Ballet (A) 5:30-6:30PM Natalie	Kickboxing 101 (BOX) 5:30-6:30PM Katie
6PM	Boxing 101 (BOX) 6:45-7:45PM Graham			Boxing 101 (BOX) 6:45-7:45PM Graham	



Recreational Sports

Student Affairs

UNIVERSITY OF GEORGIA

PURCHASE SMALL GROUP TRAINING:

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AUGUST 24 - NOVEMBER 13

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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!
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.
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.
Line Dancing	Step into the fun with this upbeat, beginner-friendly Line Dancing Instructional Class! Whether you're brand new to line dancing or looking to sharpen your skills, this class breaks down the moves in an easy, welcoming environment. Participants will learn popular line dances step by step, build confidence, improve coordination, and enjoy great music. No partner needed - just bring comfortable shoes and a willingness to have a good time!
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.