



# Instructional Schedule

## Fall 2009

### Boxing, Kickboxing, Dance and Martial Arts Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:30pm	Boxing 101 Chris (147)		Boxing 101 Chris (147)		
4:15-5:15pm	Wing Chun Kevin (MA)				
4:30-5:30pm	Boxing 101 Chris (147)		Boxing 101 Chris (147)		
4:30-6:00pm		Boxing 201/301 Ramone (147)		Boxing 201/301 Ramone (147)	
5:15-6:30pm		Belly Dancing Basics Samira (MA)			
5:30-6:30pm	Women's Kickboxing Chris (147)		Women's Kickboxing Chris (147)		Advanced Hip Hop Cristina (D)
6:00-7:00pm		Boxing 101/201 Ramone (147)		Boxing 101/201 Ramone (147)	
				Tae Kwon Do Andrew (MA)	
6:30-7:30pm	Boxing 101 Chris (147)		Boxing 101 Chris (147)		
6:45-8:00pm		Belly Dancing-Beyond Basics Samira (A)			
7:00-8:30pm		Boxing 201/301 Ramone (147)		Boxing 201/301 Ramone (147)	
7:15-8:15pm				African Dance Janet (D)	Salsa Daniel (A)
7:30-8:30pm	Women's Boxing 101 Chris (147)	Ballet Cristina (B)	Women's Boxing 101 Chris (147)	Advanced Hip Hop Cristina (B)	
8:30-9:30pm		Boxing 101/201 Ramone (147)		Boxing 101/201 Ramone (147)	
		Intro to Hip Hop Cristina (B)			

**Schedule runs August 24-December 8th. Try all classes during FREE WEEK: August 17-23rd.**  
 NO classes: 9/5-9/7, 10/30-11/1 and 11/21-11/29.

#### Registration Information:

- Registration begins Monday, August 10th, 2009, at the Ramsey Student Center Cashier's Window. Window hours are Monday-Friday, 9:00 am – 6:00 pm.
- A UGA I.D. is required to register for any Fitness and Wellness program. Only current, fees-paid UGA Students or Ramsey Student Center members age 18 and older are eligible to register for fitness and wellness programs.
- **An assumption of risk form MUST be signed before participating.** It is strongly recommended that men over 45 and women over 55 years of age receive a medical clearance from their physician before taking classes.
- Full refunds minus a \$15 processing fee are available up to one week after the original purchase date for instructional programs. If a medical condition arises that precludes completion of a class, refunds are pro-rated based upon the class start date. No refunds are granted after September 8, 2009.
- We reserve the right to cancel any class due to low attendance or other unforeseen circumstances.

<b>Classes:</b>	<b>Instructor:</b>	<b>Days:</b>	<b>Time:</b>	<b>Student:</b>	<b>Faculty/Staff:</b>	<b>Alumni:</b>
<b>Advanced Hip Hop HH2</b>	Cristina	Thursday	7:30-8:30pm	\$45	\$60	\$75
<b>Advanced Hip Hop HH3</b>	Cristina	Friday	5:30-6:30pm	\$45	\$60	\$75
<b>African Dance AD1</b>	Janet	Thursday	7:15-8:15pm	\$45	\$60	\$75
<b>Ballet BA1</b>	Cristina	Tuesday	7:30-8:30pm	\$45	\$60	\$75
<b>Belly Dancing Basics BD1</b>	Samira	Tuesday	5:15-6:30pm	\$60	\$75	\$90
<b>Belly Dancing Beyond Basics BD2</b>	Samira	Tuesday	6:45-8:00pm	\$60	\$75	\$90
<b>Intro to Hip Hop HH1</b>	Cristina	Tuesday	8:30-9:30pm	\$45	\$60	\$75
<b>Salsa SD1</b>	Daniel	Friday	7:15-8:15pm	\$45	\$60	\$75
<b>Boxing 101 BX1</b>	Chris	M/W	3:30-4:30 pm	\$90	\$105	\$120
<b>Boxing 101 BX2</b>	Chris	M/W	4:30-5:30 pm	\$90	\$105	\$120
<b>Boxing 101 BX3</b>	Chris	M/W	6:30-7:30 pm	\$90	\$105	\$120
<b>Boxing 101/201 BX4</b>	Ramone	T/Th	6:00-7:00 pm	\$90	\$105	\$120
<b>Boxing 101/201 BX5</b>	Ramone	T/Th	8:30-9:30 pm	\$90	\$105	\$120
<b>Boxing 201/301 BX6</b>	Ramone	T/Th	4:30-6:00 pm	\$120	\$135	\$150
<b>Boxing 201/301 BX7</b>	Ramone	T/Th	7:00-8:30 pm	\$120	\$135	\$150
<b>Women's Kickboxing 101 WB1</b>	Chris	M/W	5:30-6:30 pm	\$90	\$105	\$120
<b>Women's Boxing 101 WB2</b>	Chris	M/W	7:30-8:30 pm	\$90	\$105	\$120
<b>Tae Kwon Do TK1</b>	Andrew	Thursday	6:00-7:00 pm	\$45	\$60	\$75
<b>Wing Chun WC1</b>	Kevin	Monday	4:15-5:15 pm	\$45	\$60	\$75

## Class Descriptions

**African Dance (Mangoma):** This class will give you an exotic rhythmic experience of eclectic dance moves. Come shake a leg and sweat it out to the relaxing beats of African music.

**Ballet:** In this class, students will be introduced to basic ballet fundamentals, including body alignment, vocabulary, and basic positions of the feet & arms.

**Belly Dance (Beginner and Beyond Basics):** Experience the ancient art of belly dancing! This class will teach introductory level movements and choreography. Increase flexibility, sculpt your body, and learn to move gracefully and sensually.

**Hip Hop Dance (Intro and Advanced):** This class will be spent learning miniature hip-hop dances, and performing them to current music. Wear comfortable clothes that are easy to move in and smooth-sole shoes (such as tennis shoes) for spins and turns.

**Salsa:** Learn the basic steps and patterns as well as numerous combinations that will get you out on the dance floor having the time of your life.

**Boxing 101:** Learn the basic punches, correct footwork, & basic patterns of movement. Burn 400-600 calories per workout as you improve cardiovascular conditioning, core strength, functional strength and basic technique. Wrist straps are required and can be purchased at Equipment Checkout for \$5.

**Boxing 101/201:** Designed for those who have completed Boxing 101 or already have a high level of physical conditioning but are not yet ready to take the more advanced Boxing 201/301 class.

**Boxing 201/301:** Designed for those who have completed Boxing 101 and want to move on to more advanced conditioning and training technique.

**Women's Boxing:** A Women's only version of Boxing 101

**Women's Kickboxing:** A Women's only version of a high intensity cardio class including combinations of kicks and punches that will tone your whole body.

**Tae Kwon Do:** This class will teach the basic fundamentals and techniques of this fast paced martial art including kicks and punches.

**Wing Chun:** This Chinese inspired class teaches practical self defense moves that can be used by anyone of any size.