



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) | |
| 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.

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

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