



# Mind & Body Schedule

Department of Recreational Sports, Division of Student Affairs

## Registration Information:

- Registration begins Monday, January 5th, 2009, at the Ramsey Student Center Cashier's Window. The hours are Mondays-Fridays 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 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.
- No refunds for drop-in 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.
- A 10-class pass allows you to attend any classes except for boxing and dance.
- No refunds are granted *after* February 2nd, 2008.

January 10th-April 30th  
 No Classes: 1/17-1/19, 3/7-3-15, 4/11-4/12  
 Try any class for **FREE** the week of January 10th-16th

Registration Options	Student	Faculty/Staff	Alumni
10-class pass	\$40	\$50	\$60
Semester drop-in card*	\$150	\$170	\$190
Pilates-Yoga Fusion (PY8)	\$30	\$45	\$60
Pilates Fusion (P12)	\$75	\$90	\$105
Power Vinyasa Yoga A (PV3)	\$115	\$130	\$145
Power Vinyasa Yoga B (PV5)	\$115	\$130	\$145
Lunchtime Yoga (Y12)	\$85	\$100	\$115
Intro to Pilates/Yoga (P22)	\$65	\$80	\$95
Yoga (Y17)	\$85	\$100	\$115
Pilates 1 (P35)	\$75	\$90	\$105
Pilates 1 & 2 (P15)	\$75	\$90	\$105
Yoga for Stress (YS6)	\$55	\$70	\$85

\*A semester drop-in card allows you to attend any class on the schedule below

## Mind & Body Schedule of Classes

MA=Martial Arts Studio

A=Studio A

B=Studio B

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
8:20-9:05 am			Pilates-Yoga Fusion (MA) Cynthia (PY8)			
11:10-12:00 am					Drop-In Pilates on the Ball (B) Vivian	
12:15-1:15 pm	Lunchtime Yoga (A) Ruth (Y12)		Lunchtime Yoga (A) Myrna (Y12)			
1:30-2:45 pm		Pilates Fusion (MA) Cynthia (P12)		Pilates Fusion (MA) Cynthia (P12)		
2:45-3:30 pm		Intro to Pilates/Yoga (MA) Cynthia (P22)		Intro to Pilates/Yoga (MA) Cynthia (P22)		
3:10-4:10 pm		Drop-In Yoga (B) Ruth				
3:30-5:00 pm		Power Vinyasa Yoga A (A) Cathy (PV3)		Power Vinyasa Yoga A (A) Cathy (PV3)		
5:00-5:50 pm	Pilates 1 (A) Carol (P35)		Pilates 1 (A) Carol (P35)			
5:15-6:45 pm		Power Vinyasa Yoga B (A) Charlotte (PV5)		Power Vinyasa Yoga B (A) Charlotte (PV5)	<b>Friday</b>	
					Drop-In Pilates (MA) Carolyn (-6:15pm)	
5:30-6:30 pm	Pilates 1 & 2 (MA) Gary (P15)		Pilates 1 & 2 (MA) Gary (P15)			
6:00-7:30 pm						Yoga for Stress (A) Rhett (YS6)
7:30-8:30 pm	Yoga (A) Bill (Y17)		Yoga (A) Ruth (Y17)			

**\*Dance Schedule of Classes on Reverse Side\***

# Dance Schedule of Classes

A=Studio A

B=Studio B

Registration Options	Instructor	Day	Time	Studio	Student	Faculty/Staff	Alumni
Belly Dance: Beginner (BD1)	Samira	M	6:00-7:20 pm	A	\$60	\$75	\$90
Belly Dance: Beyond Basics (BD2)	Fatina	T	7:45-9:15 pm	B	\$65	\$80	\$95
Intro to Hip Hop (HH1)	Cristina	T	7:00-8:00 pm	A	\$45	\$60	\$75
Hip Hop Dance (HH2)	Cristina	Th	7:00-8:00 pm	A	\$45	\$60	\$75
Dance Conditioning (DC1)	Michelle	W	6:00-7:00 pm	A	\$45	\$60	\$75



## Mind, Body, & Dance Class Descriptions

### Choreography & Intensity of classes is based on:

B=Beginning, I=Intermediate, A=Advanced

Choreography is based on the complexity & difficulty of the steps/movements. Intensity level is based on how strenuous the workout is.

### Dance Classes

**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.

**Dance Conditioning** - No previous experience is required. This is a class that will consist of dance steps and aerobic-like moves that will get your blood pumping! All that is needed is loose clothing that you can move around in, bare feet, and an attitude of "I can"! This class is all about having fun!

**Intro to Hip Hop Dance** — 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.

**Hip Hop Dance** — This class will introduce students to a more advanced level of Hip-Hop dance than that offered in the Intro to Hip-Hop class. This class is for students who have taken Intro to Hip-Hop or have previous dance experience.

For more information, please contact Stacy Connell or Heather Stark at the Department of Recreational Sports at 542-5060 or check our website, [www.recsports.uga.edu](http://www.recsports.uga.edu)

Try any class for **FREE** the week of January 10th-16th

You must pay by January 20th to continue taking classes.

Classes will fill on a first come, first serve basis.

January 10th-April 30th

No Classes: 1/17-1/19, 3/7-3-15, 4/11-4/12

### Pilates Classes

**Intro to Pilates/Yoga** - This class is designed to improve coordination, balance, posture, and flexibility. Each week we will add another aspect of Pilates and how to apply it to your life with an emphasis on correct biomechanics and form.

Choreography: B Intensity: B, I

**Pilates 1** - Learn the basics of the Pilates while experiencing each movement from the inside out. Improve coordination, balance, posture, and flexibility. This class is designed for beginners, athletes, or those sidelined with injuries.

Choreography: B Intensity: B, I

**Pilates 1 & 2** - This class will combine some of the basics from Pilates 1 while

moving into some of the more advanced techniques used in Pilates 2.

Choreography: B, I, A Intensity: B, I

**Pilates-Yoga Fusion** - This class is ideal for those who have had prior experience with Pilates and Yoga. Upon request, bands, Pilates rings, and Body Bars in conjunction with a brief yet thorough abdominal workout will also be offered to those looking for a safe yet full "mind-body" connection.

Choreography: B, I Intensity: B, I, A

**Pilates Fusion** - Similar to Pilates-Yoga Fusion with more focus on beginners.

Choreography: B, I Intensity: B, I

### Yoga Classes

**Luncheon Yoga** - See Yoga below

**Power Vinyasa Yoga A & B** - This style of Hatha yoga flows from one posture (asana) to the next, while the breath keeps the rhythm. It is physically a more strenuous form of yoga that uses power and focuses on the cardiovascular system, muscular flexibility, strength, and balance while achieving a mind-body connection.

Choreography: I, A Intensity: B, I, A

**Yoga** - Students will perform sun salutations, back bends, forward bends, inversions, twists, and hip openers.

Choreography: B, I, A Intensity: B, I, A

**Yoga for Stress** Yoga for Stress includes sun salutations, backward bends, forward bends, inversions, twists & hip openers. Each pose can be modified to suit the needs of each individual. Each class ends with a long period of deep relaxation or meditation.

Choreography: B, I, A

Intensity: B, I, A