## Small Group Training Form

**Last Name** | **First Name** | **Email** | **UO ID #**
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**Class Standing or F/S** | **Phone #** | **Previous Small Group Participation Format & Term**
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*Please List any previous health history and/or fitness concerns:*

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*Please check the box next to your desired small group:*

<table>
<thead>
<tr>
<th>Small Group Title</th>
<th>Description: Date, Time, Location, and Price</th>
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| **BoxFit** | A combination of cardio, boxing, and martial arts to improve aerobic fitness, reaction time, flexibility, coordination, and balance. Individuals will learn how to perform punches, kicks, footwork and defensive tactics!  
*When:* Tuesdays/Thursdays, 5:30-6:30pm, Oct. 20th- Dec 1st  
*Location:* SRC Boxing Studio  
*Price:* $60, 12 workouts all together Week 4-Week 9  
*Limited to 8 participants*  
*Last Thursday is Thanksgiving, final class will take place following Tuesday* |
| **TRX Suspension Trainer** | Individuals will complete total body circuits on the TRX suspension trainer to improve flexibility, agility, balance, and overall strength.  
*When:* Mondays/Wednesdays 4:30-5:30PM, Oct 19th- Nov 30th  
*Location:* the Yard  
*Price:* $60, 12 workouts all together Week 4 – Week 9  
*Limited to 12 participants*  
*Last Wednesday is day before Thanksgiving, Final class will take place on following Monday* |
| **Olympic Lifting Women’s Only** | Individuals will learn and practice the basics of the two Olympic lifts: the snatch and the clean and jerk. This is an opportunity to work on form and technique while increasing your explosive power.  
*When:* Monday/Wednesday, 4:00-5:00 PM, Oct. 19th–Nov 30th  
*Location:* Fitness Block  
*Price:* $60, 12 workouts all together  
*Limited to 4 participants*  
*Last Wednesday is day before Thanksgiving, final class will take place the following Monday* |
| **Olympic Lifting for Beginners** | Individuals will learn and practice the basics of the two Olympic lifts: the snatch and the clean and jerk. This is an opportunity to work on form and technique while increasing your explosive power.  
*When:* Tuesdays/Thursdays 5:15-6:15PM, Week 4 – Week 9  
*Location:* Fitness Alley (Heavy Weights Section)  
*Price:* $60, 12 workouts all together  
*Limited to 4 participants* |
| **Yard Circuits** | Individuals will complete total body circuits utilizing the various equipment in The Yard. Individuals will learn exercises that will improve their overall strength, cardiovascular endurance, agility, balance, and flexibility.  
*When:* Tuesday/Thursday, 6:00-7:00pm, Oct 20th-Dec 1st  
*Location:* The Yard  
*Price:* $60, 12 workouts all together  
*Last Thursday is Thanksgiving, Final Class will take place following Tuesday* |
| **Yoga** | Individuals will learn various Yoga poses to improve their overall balance, strength, and flexibility.  
*When:* Tuesday/Thursday, 6:30-7:30pm, Oct 20th- Dec 1st  
*Location:* SRC 71  
*Price:* $60, 12 workouts all together  
*Last Thursday is Thanksgiving, final class will take place the following Tuesday* |

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**For Official Use Only**

**PE & Rec Staff Signature:**

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**Paid:**

**Date:**