



# Small Group Training

SGT is our new programming that unites group exercise with personal training. The SGT format allows participants of similar experience levels to progress at a consistent pace and for the instructor to more appropriately challenge them individually based on their own goals.

Come workout with a group of people with similar interests and have the motivation and guidance of your very own personal trainer.

Choose from:

*Boxing 101*

*MMA Conditioning*

*Stand Up Paddleboard (SUP) Yoga*

*Total Body Kettlebell (TBK)*

*TRX Boot Camp*

*ViPr Boot Camp*

**Session 1:**

*September 8 - October 24*

**Session 2:**

*October 27 - December 12*

**Cost:**

*Student: \$25*

*Member: \$30*

Go to [odu.edu/recreation](http://odu.edu/recreation) for a complete schedule, and visit the Pro Shop inside the Student Recreation Center to register and purchase your 6 week sessions for your favorite format.



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