



# Try Something New this Fall!!

These after work classes were so popular that we are keeping them going this fall!! Come and check them out!!

**FREE to Hawley Exercise Class Members OR  
Pay \$25 for 5 classes (mix and match)  
Pay \$40 for 10 classes (mix and match)**

**Mondays**                      5-6 pm:    **Nia®**

Nia is a zero impact/high cardio form of joyful movement that combines Quigong, yoga and jazz dance. Great for exercise if one is unable to participate in high impact exercise

**Tuesdays,**                      5-6pm    **Pilates**

All levels welcome! Improve your posture, alignment, balance, flexibility, breathing, and strength in this low impact, moderate intensity mat work class. Pilates focuses on core development and the mind-body connection.

**Wednesdays:**                5-6 pm    **Zumba!®**

Join the millions of people who have decided that working out and having fun are not mutually exclusive. Join the Latin dance craze! All levels welcome!

**Thursdays:**                    5-6 pm:    **Pilates**

# of classes purchased: 5, 10, 15 20

Name \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

*No Refunds. All participants must complete a waiver*  
*Questions: [colleen.thompson@uconn.edu](mailto:colleen.thompson@uconn.edu)*  
*<http://www.cag.uconn.edu/ahs/hawley/index.html>*



New member?  Yes  No

## Payment Options

*Please indicate your selection:*

Cash  Check  Payroll Deduction

Credit card (Note: for security purposes all credit card registrations must be done in person with Nancy Madrak in Koons Hall, Room 228. 6-1611)

### Payroll Deduction:

*University Faculty & Staff (full-time state employees only. Graduate Students cannot do payroll deduction).*

I hereby authorize the State Controller to deduct a total of \$\_\_\_\_\_ from my pay at the rate of \$\_\_\_\_\_ from each paycheck until the total amount is reached. (The minimum deduction per paycheck is \$20.00). The State Controller will remit such deducted funds to The Armory to my credit.

Date: \_\_\_\_\_ Employee Number: \_\_\_\_\_

Classified Payroll Professional Payroll

Signature: \_\_\_\_\_

**Check** – Make payable to University of Connecticut, Hawley Armory, 359 Mansfield Road, Unit 2101, Storrs, CT 06269-2101

***No Refunds on Punch Plans!***

*No Refunds. All participants must complete a waiver*  
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<http://www.cag.uconn.edu/ahs/hawley/index.html>