

Group Strength Training Classes are here for Spring!

Featuring New Instructor:

Becca Pranger, Certified Fitness Instructor

- Program runs **2/5 – 4/27** (12 weeks)
- Each Class meets 2 x week
- **NEW DAYS: Mon & Wed:**
 - **12:30 – 1:30 PM, or**
 - **5:00 – 6:00 PM**
- Meet in the Hawley fitness center

All fitness levels are welcome!
**Learn a variety of strength exercises, core training, plus
comprehensive fitness planning tips.**

Class fee: \$110 – that's less than \$5/class!

Fee includes use of the Hawley Fitness Center during the program.

Please Choose your Class Time:

- 12:30 – 1:30 PM
- 5:00 – 6:00 PM
- Either works for me!

**Class Size
Limited!**

Name: _____ Date: _____

Campus Address: _____

Day Phone: _____

Email address: _____

Complete form and email to Janet.Rochester@uconn.edu. Note new online payment option on Hawley Registration form! Please contact Janet.Rochester@uconn.edu with any questions