

Spring Semester Strength Training Classes are Here!

Classes taught by:

Nick Silbart, B.S., Certified Personal Trainer

- Program runs **1/24 – 4/21** (13 weeks)
- Each Class meets **2 x week**
- **NEW DAYS: Tue & Thu:**
 - **12:00 – 1:00 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:

- 12:00 – 1:00 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