

Are you ready for...

Group Strength Training classes - Hawley Fitness Center

Classes led by Nick Silbart

Certified Personal Fitness Trainer

- **Program runs 6/1 – 8/10** (10 weeks)
- **Tue & Thu:**
 - ⇒ 12:00 PM – 1:00 PM, or
 - ⇒ 5:00 PM – 6:00 PM
- **Air conditioned fitness center**



**Great class for both beginners & those with experience.
Learn a variety of strength exercises, plus core training.**

Class Fee: \$99 – and includes use of Hawley Fitness Center during the program!

Reserve your spot/Register by emailing Janet.Rochester@Uconn.edu, the following information:

Name:

Campus Address:

Day Phone:

Time preference: 12-1 PM only, 5-6 PM only, or either time works

Method of payment: Online, Payroll deduction, or check payable to UCONN

Paperwork & payments may be turned in at first class. Payroll deduction requires signed registration form. NEW: online payment store link:

<http://bursar.uconn.edu/hawley-armory/>

For information, contact Janet.Rochester@Uconn.edu, 6-5975. Visit the Hawley Fitness Center website at: <http://cag.uconn.edu/ahs/hawley/>