Are you ready for...

Group Strength Training classes in Hawley Fitness Center, starting June 1!

Classes led by Dave Looney, CSCS
(Certified Strength & Conditioning Specialist)

- Program runs 6/1 – 7/31 (9 weeks)
- Mon & Wed
- 12:00 – 1:00 PM
  - With enough interest, a 5:00 – 6:00 PM, Mon & Wed class will be added
- Air conditioned fitness center in Hawley Armory!

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

Class Fee: $90 – 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: check payable to UCONN, payroll deduction

Paperwork & payments made at first class, payroll deduction requires signed registration form.

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