June Special at Hawley

June 1-June 24th

Looking for fitness classes after work? Here is your answer! Hawley Armory is offering a new after-work program!

FREE to Hawley Exercise Class Members OR
Pay $20 each course OR
Try all three for $50!

☐ Tuesdays, June 1, 8, 15 and 22: 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: June 2, 9, 16 and 23: 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: June 3, 10, 17 and 24: 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

Name_____________________________________________Date ____________
Address:       _________________________________________________
City:             _______________________State: _____ Zip: ___________ 
Day Phone:  _________________________________________________
Email Address: ______________________________________________

New member?       ☐ Yes ☐ No

No Refunds after June 1st. All participants must complete a waiver
Questions: colleen.thompson@uconn.edu
http://www.cag.uconn.edu/ahs/hawley/index.html
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

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