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/