Fall Strength Training Classes are Here!

Classes taught by:
Nick Silbart, B.S., CSCS Certified Strength & Conditioning Specialist

- Program runs 9/19 – 12/07 (12 weeks, no classes week of 11/20)
- 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, plus core training.

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!

Complete form and email to Janet.Rochester@uconn.edu. Please contact Janet with any questions, email is best, or phone, 6-5975.