



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!

**Class Size
Limited!**

Name: _____ Date: _____

Campus Address: _____

Day Phone: _____

Email address: _____

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