Introduction to Resistance Training

Get your muscle on this fall!
Try our 12-week class led by a certified personal trainer!

Join Certified Strength and Conditioning Specialist (CSCS) Dave Looney as he teaches you the skills necessary to design and perform a resistance exercise workout to best achieve your fitness goals. He will teach you proper exercise technique, program design basics, and how to track and monitor your progress week to week. If you are new to resistance exercise or just want to learn the latest information in the field of Exercise Science, this class is for you!

Enrollment is limited! Register today!!!

Cost:  Nonmembers: $75
       Hawley Members: $40
When:  Mon and Wed 12:45-1:45
Where: Hawley Armory Fitness Center
Dates: Monday Sept 10th-Dec 5th*
       *(no class week of Thanksgiving break)

Name_________________________________________Date ____________
Campus Address: _____________________________________________

Day Phone: _________________________________________________
Email Address: _______________________________________________

No refunds. Complete form and bring with payment to Hawley Armory Fitness Center. Or mail in to Hawley, Dept AHS, Unit 2101. Questions? Call Janet at 6-5975 or email janet.rochester@uconn.edu
http://www.cag.uconn.edu/ahs/hawley/index.html