

# Group Exercise

## Transitions<sup>®</sup>

The **Transitions Lifestyle System** offers a fresh realistic approach to healthy living and weight management through proper diet, exercise and stress reduction. Learn healthy eating habits and lose inches without dieting!

**Exclusive to Saw Mill Program:** Access to Personal Fitness Coach, Group Exercise and Yoga Director **Kathleen Goldring** and **Michelle Weiss**, Registered Dietitian

**12 week Session!**

**Days/Times:** Tuesdays 1:00PM  
Thursday 6:00PM

**Where:** SMC Spin Room

**Fee:** Members: \$399  
Non-Members: \$499

**Special Introductory Price includes:**

- Reduce stress
- Improve Metabolism
- Eat more to lose inches!
- Learn to shop healthy
- Find new energy
- Be successful for life!

for more information please contact **Kathleen Goldring** Group Exercise and Yoga Director  
kgoldring@sawmillclub.com • 914-733-4054

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Registration Form

Transitions<sup>®</sup>

Name \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Tuesday Session

Thursday Session