

Fitness

Boot Camp

Now is the time to change your body, change your *mind*.

- Have you been taking the same classes for years?
- Worked the same circuit of weights?
- Run the same course?
- Biked the same loop?

Your body and mind need a CHANGE! Come “back to the basics” with BOOT CAMP. Every workout brings a new challenge to change your body and your beliefs in what you are capable of accomplishing. Join boot camp for a workout designed to meet your needs, resulting in the changes you want!

The time is now. Don't wait. Sign up for boot camp and let the changes begin!

4-week Boot Camp Sessions -

Days: Monday, Wednesday, and Friday

Time: 5:30–6:30AM

Fee: \$179.00

- Minimum of 5 participants to run a session
- All other personal training policies apply
- Come experience our newest addition to Saw Mill Club, Jen Picco!

Register on-line at www.sawmillclub.com or by contacting Jen Picco at 914-844-6040 or e-mail jenpicco@optonline.net.

For further information about this program, please contact Andrew Guida at 914-241-0797 x 3029 or e-mail at aguida@sawmillclub.com.

Registration Form

Boot Camp

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____