

Fitness

Stability Ball

Have a Ball – While Gaining a Stronger Core

The dynamic nature of the stability ball improves:

- Strength
- Balance
- Endurance
- Posture
- Coordination

One Hour Session Fee: \$252 (7 weeks)

Days: Tuesdays

Days: Thursdays

Times: 10:30–11:30AM

Times: 10:30–11:30AM

Dates: January 6, 13, 20, 27
February 3, 10 & 17

Dates: January 8, 15, 22, 29
February 5, 12 & 19

All Levels Welcome

When we work as a group, we win as a group!

Stop by the fitness desk to register, or for further information contact personal trainer Debby Rosenberg at 914-241-0797 x3205 or e-mail drosenberg@sawmillclub.com.

Registration Form

Stability Ball

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____

Saw Mill Club

