

Fitness

Skillful Living

Train in a small group setting to achieve a more skillful approach to living by obtaining your optimal fitness level. Skillful living is synonymous with dynamic training. That is, movements that we do in everyday life. Many members also get into their "daily routine", never venturing into "unknown territory" due to either fear or complacency. Our Skillful living approach in a club without walls creates a friendly relaxed type of environment, for example, you are never competing with the other person next to you, thus, removing the "fear factor".

With the use of three types of fitness routines; Kinesis training by Techno Gym, spinning, and core strengthening techniques for 20 minutes each in a small group setting for one hour, you will leave feeling rejuvenated and relaxed from the daily stresses of everyday life and I might add, stronger

The format for Skillful Living is as follows, however you will not be limited to these three approaches to Fitness. We might substitute the pool, treadmill, or tennis for one of these fitness modules. Please come and try our club without walls!

- **20 minutes of Core/Dynamic Training**
- **20 minutes of Spinning**
- **20 minutes of Kinesis**

Class Schedule

Saturday	Sunday	Tuesday	Wednesday	Thursday
12:00-1:00PM	12:00-1:00PM	6:30-7:30AM	6:30-7:30AM	6:30-7:30AM
		5:00-6:00PM	5:15-6:15PM	6:00-7:00PM
Fee:	\$15 per class			

Register on-line at www.sawmillclub.com or by contacting **Mike McKenna** at mmckenna@sawmillclub.com or 914-241-0797 x 3450.

Registration Form

Skillful Living

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____

Session Day: _____ Session Time: _____