

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!

Open House Wednesday, May 5 at 5:30AM

4-week Boot Camp Sessions -

Start Friday, May 7
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 _____