Fitness

Primp for Prom

Prom Dress? Check!

Prom Hair? Check!

Prom Shoes? Check!

Prom Body?...

Achieve your Picture Perfect Prom Body in one hour, twice a week, and have fun while doing it!

Combination cardio and resistance training.

Bring your friends and change your body.

Days & Times: Mondays at 5:00PM

Thursdays at 4:00PM

For further information about Primp For Prom contact Professional trainers **Katie Simco** at ksimco@sawmillclub.com 914-645-8242 or **Sam Kopf** at skopf@sawmillcub.com 914-320-5933.

Feel free to just text us!

No shows or cancellations less than 24 hours before scheduled personal training sessions will be charged to the client.

Be courteous to the next client. If you are tardy, your appointment will be shortened.

PLEASE NOTE: FOR INSURANCE REASONS, TRAINERS NOT EMPLOYED BY SAW MILL CLUB ARE NOT PERMITTED.

Saw Mill Club

SAW MILL CLUB

Registration Form

Primp for Prom

Name _____

Parent's Name _____ Member # _____

Address _____

City/State/Zip _____

Phone # _____ Cell Phone # _____

E-Mail Address _____

Parent's Signature _____

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