

Fitness

Boot Camp Beach Party

Summer is Here!

Are you hoping to get in shape this summer?

Lose weight? Get toned and gain muscle?

Feel better? Look better?

Spend your afternoons at the pool and your weekends at the beach.
Get up with the sun and get your workout with Beach Party Boot Camp this summer!
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

Session 1 dates: July 5-July 30

Session 2 dates: August 2-August 27

Fee: \$179.00

- Minimum of 5 participants to run a session
- All other personal training policies apply
- Special considerations can be made to accomodate summer vacation schedules.

If you are intersted, please email, text, or call today.

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 Beach Party

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____