

Fitness

R.D.X.–Results Driven Exercise

It seems like you're doing all the right things...lifting weights, hitting the treadmill, busting your butt at the latest fitness classes, or even cranking it out at your favorite spinning class.

But despite all this hard work, you've hit the dreaded "fitness plateau".

Your body looks the same as it did last month, and the month before that, and the month before that...

What if there was a faster, more effective, fail-proof way for you to achieve a lean body?

The Answer is **Interval Training!** or as we call it:

R.D.X –Results Driven Exercise

Master Trainer, Vince Liguori, will guide and drive you through a vigorous, heart pounding Fat Burning Workout. This new exciting workout designed by Vince will Get you the results you have been looking for!

Mondays	6:30PM
Tuesdays	10:30AM
Wednesdays	6:30PM
Thursdays	10:30AM
Saturdays	10:00AM

Fee: \$15 per class

For further information about the RDX program please contact Vince at vliguori@sawmillclub.com, 914-241-0797 ext 3254, or visit our website at www.sawmillclub.com

Registration Form

R.D.X. Results Driven Exercise

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____