

Group Exercise

Transitions®

The **Transitions Lifestyle System** offers a fresh realistic approach to healthy living and weight management through proper diet, exercise and stress reduction. Learn healthy eating habits and lose inches without dieting!

Exclusive to Saw Mill Program: Access to Personal Fitness Coach, Group Exercise and Yoga Director **Kathleen Goldring** and **Michelle Weiss**, Registered Dietitian

12 week Session!

Days/Times: Mondays 7:30PM *Starting January 31*
Thursdays 1:00PM *Starting January 27*

Where: SMC Spin Room

Fee: Members: \$399
Non-Members: \$499
Graduates: \$100

- Reduce stress
- Improve Metabolism
- Eat more to lose inches!
- Learn to shop healthy
- Find new energy
- Be successful for life!

for more information please contact **Kathleen Goldring** Group Exercise and Yoga Director
kgoldring@sawmillclub.com • 914-733-4054

Registration Form

Transitions®

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____

Monday Session

Thursday Session