

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

new format!

10 week Session

75 minute classes

Thursdays

2:00PM

Starting April 28

Meet in 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 _____

Saw Mill Club
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