

Fitness

Iryna's Booty Camp

Now is the time to change your body, change your mindset.

Have you been taking the same classes for years?

- Worked the same weight machines?
- Run the same old routes?
- Biked the same loops?

Your body and mind need a change in routine. Try Iryna's Booty Camp; a complete full body workout that is fun as well as challenging. Lose inches, lose weight, have fun doing it and embrace the fitter you! Tone those "stubborn" areas that just do not seem to change with your old routines. Energize and awake your body from head to toe.

Your time to change is now. Do not wait. Sign up for BOOTY CAMP and let the changes begin!

Mondays 6:30AM

Tuesdays 6:30PM

Thursdays 6:30AM

Saturdays 7:00AM

Fee: \$15 per class

Classes take place in the Kinesis Studio

*Come experience our newest addition to Saw Mill Club, Master Trainer **Iryna Patskovska***

Register on-line at www.sawmillclub.com or by contacting Iryna Patskovska at ipatskovska@sawmillclub.com or 914-830-4371.

Registration Form

Iryna's Booty Camp

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____