

Fitness

P.D.X.–Performance Driven Exercise

Are you 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.

Despite all your hard work, you have 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:

P.D.X –Performance Driven Exercise

PDX Coaches **Tommy Albano** and **Katie Simco** will coach you through the most vigorous best heart-pounding fat burning workout. This innovative workout designed by Tommy and Katie will get you to the performance level you have always been looking to achieve!

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

Fee: \$15 per class

For further information about
PDX please contact

Tommy: talbano@sawmillclub.com
914-2410797 x3153

Katie: ksimco@sawmillclub.com
914-241-0797 x3328

or visit our website at
www.sawmillclub.com

Stop Exercising, Start Performing.

Registration Form

P.D.X. Performance Driven Exercise

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____

