



4 Week Mini-Sessions!

Hit IT!

A Heavy Bag Boxing Workout

You asked for it! and here it is!!
A calorie burning, cardio workout
with boxing gloves and heavy bags.



Work out your aggressions!
Work into that desired body!
Work out in a whole new way!



Taught by Personal Trainer
Jane Kennedy (center)

Meets once a week for 4 weeks

Session Two:

Tuesday 10:45-11:45am

Tuesday 7:30-8:30pm

Meets: 8/3, 8/10, 8/17 & 8/24

Session Three:

Tuesday 10:45-11:45am

Tuesday 7:30-8:30pm

Meets: 10/5, 10/12, 10/19 & 10/26

The New
Spa 23
Health & Racquet Club

381 Rt. 23 Pompton Plains,
NJ 07444 973-839-8823
www.spa23.com

Cost: Member \$49 Nonmember \$59

Can't make all sessions? Drop in as your schedule allows:

Drop in fee: Member \$20 Nonmember \$25

Class size is limited, please register early