



# 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 off the holiday weight**  
**Work out in a whole new way!**



**New 8 week session begins 4/20**  
**Thursday 10:00-11:00am**

**Program begins Tuesday, April 20th**  
**And meets once a week for 8 weeks**

**Tuesday 10:45-11:45am**

**OR**

**Tuesday 7:30-8:30pm**

**Cost: Member \$89 Nonmember \$119**  
**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**

**Taught by Personal Trainer**  
**Jane Kennedy (center)**

The New  
**Spa 23**  
Health & Racquet Club

381 Rt. 23 Pompton Plains, NJ 07444 973-839-8823 [www.spa23.com](http://www.spa23.com)