

Just Dance

Dance & Fitness Fusion Class

Everyone knows they should be active. But who wants to exercise? This program gives you the best of both worlds! Have FUN! DANCE and get a workout in while playing and feeling great!

Join Master Instructor Carlos Arias for this great new program, Friday nights, 5:00 to 6:00pm, beginning April 9th. Meets once a week for 8 weeks. No previous dance experience or shoes required. Dress comfortably and come prepared to enjoy yourself!

Program #127 Cost:
Members \$79 Nonmembers \$99
Begins April 16th
Can't make all the sessions or just want to see
what it's all about:
Drop in Fee: M \$12 N: \$15



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