



**Group**

# KINESIS

- \* **Burn 30% more calories than your typical cardio workout!**
- \* **Express Workout!! 30 minutes & DONE with awesome results!**
- \* **Small class sizes taught by a Certified Personal Trainer**

**Winter Sessions!  
Register Now!**



*Our days and times  
Don't work for you?  
Start your own class  
With a minimum of 4.  
Contact the Program Director  
973-839-8823*

Cost: Member \$49 Nonmember \$69  
6 week program meets once a week  
(class size limited to 8 participants)  
**Tuesday 6:00pm Begins Jan. 17**  
**Wednesday 7:00am Begins Jan. 18**  
Drop in, if space permits: M: \$12 G: \$15

**Spa23**  
Health & Racquet Club

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