



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**

**New
sessions
begin
January**



*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)

#105 Monday 7:00pm Begins 1/24

#109A Tuesday 7:00am Begins 1/18

#130 Thursday 6:00pm Begins 1/21

#135A Friday 7:30am Begins 1/21

#137 Friday 9:30am Begins 1/21

Drop in, if space permits: M: \$8 G: \$12



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