

Kid Power

Join our master trainers for a 45 minute class full of Kid Power!! A noncompetitive, self esteem boosting program that introduces your 8 - 14 year olds to Group Power® and Group Kick®. Group Kick® is kick boxing to sound effects, increasing balance & coordination while burning calories in a cardiovascular workout. Group Power® introduces children to resistance training with proper form and technique using free weights and their own body weight. **All the while kids just know they are having FUN!** While parents can rest assured that their children are being taught in a safe & certified environment. This is a co-ed class.

**Spring
Session**

**Thursday
4:15-5:00pm**

**Begins Thursday January 14th
Meets once a week for 8 weeks**

Course #119

Cost:

VIP Members \$69

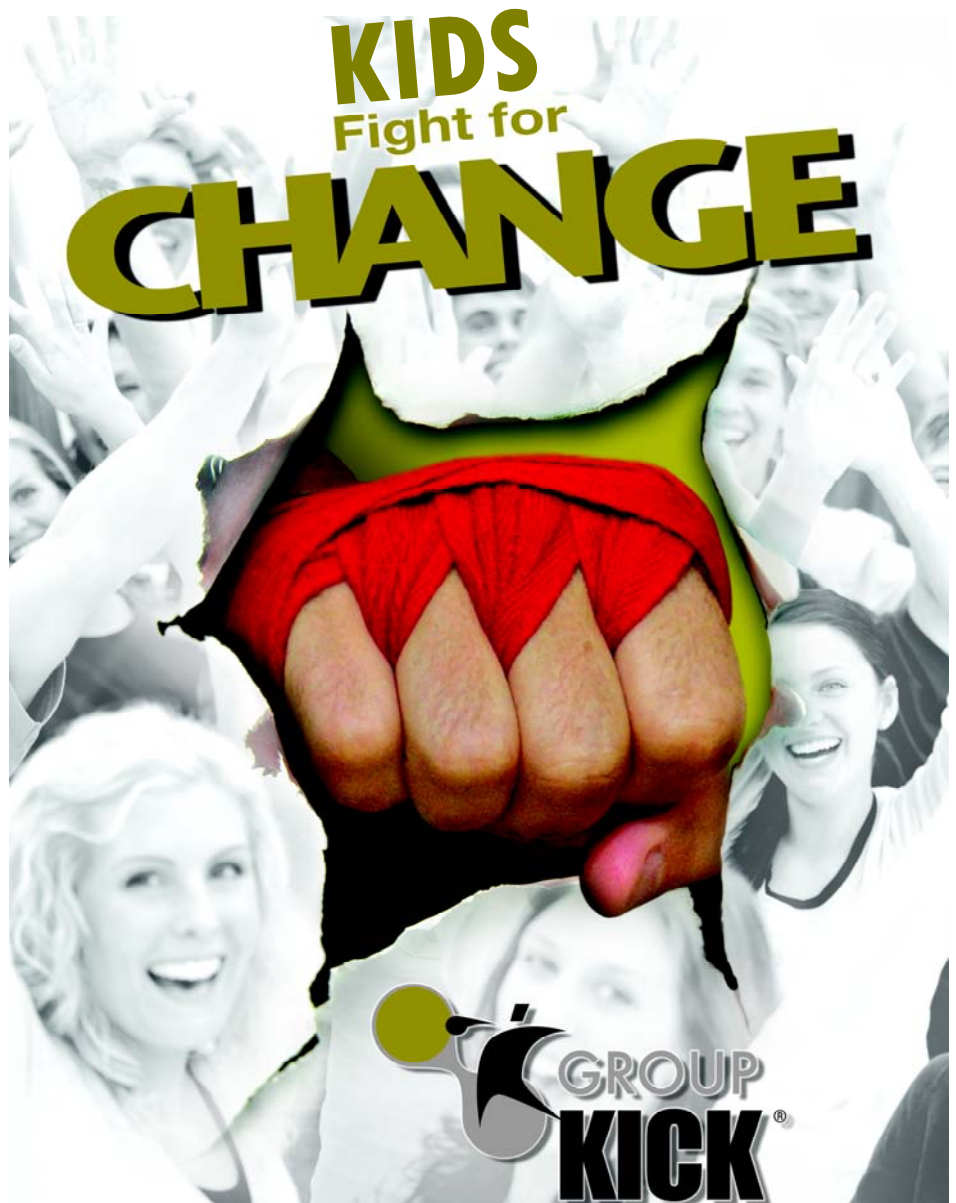
Nonmembers \$99

Drop in fee: VIP Members \$12

Nonmembers \$15

The New
Spa 23
Health & Racquet Club

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



LET'S MOVE! 