

# ALL about ABS

**FALL  
session**



**Start your  
Transformation!**

**Join Renee Brown, a PRO Personal Trainer  
for a unique 30 minute workout focused  
on tightening and toning your abdominals.  
Meets once a week for 8 weeks**

**Cost: VIP Members \$44  
Nonmembers \$66**

**Drop in fee: VIP Member \$8  
Nonmember \$12**

**Spa 23**

**Health & Racquet Club**

**381 RT 23 Pompton Plains, NJ  
973-839-8823 www.spa23.com**

**8 Week Session  
Sunday 10:15-10:45am  
Begins October 3**

**Tuesday 10:00-10:30am  
Begins October 5**

**Thursday 7:15-7:45pm  
Begins October 7**