

Spring Session

ALL about ABS



**Get ready for
Bikini Season!**

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

**Course #137 Sunday 10:15-10:45am
Begins Sunday, March 21**

**Course #103 Tuesday 10-10:30am
Begins Tuesday, March 23**

**Course #120 Thursday 7:15-7:45pm
Begins Thursday, March 25**

Spa 23

Health & Racquet Club
381 RT 23 Pompton Plains, NJ
973-839-8823 www.spa23.com

**Cost: VIP Members \$44
Nonmembers \$64
Drop in fee: VIP Member \$8
Nonmember \$12**

**6 week
mini session!**

ALL

Begins Monday August 9

**about
ABS**



***Join Renee Brown, a Certified Personal Trainer
for a unique 30 minute workout focused
on tightening and toning your abdominals.
Meets once a week for 6 weeks***

**Monday 7:00-7:30pm
Begins August 10**

Spa 23
Health & Racquet Club

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

**Cost: Members \$35
Nonmembers \$50
Drop in fee: Member \$8
Nonmember \$12**