



**3 week  
8:30 Morning  
Session**

**12/27, 1/3 + 1/10**



# GLIDE & BOX

**“Get Ripped” workout!**

**3 Week Session!**

**Join Certified Trainer/Black Belt: Jane Kennedy  
for this new 60 minute workout :**

**30 minutes of angular resistance Gravity training  
followed by 30 minutes of heavy bag cardio boxing  
Designed to help you lose weight and reshape!**

**\* take your routine to new levels\***

**\* get the results you want\***

**\* Limited to 10 participants**

**Tuesday 8:30-9:30am Meets 12/27, 1/3 + 1/10**

**Meets once a week for 3 weeks**

Cost: Member \$45 Nonmember \$60  
Drop in Fee: Member: \$20 Nonmember: \$25  
(drop ins only available if a bed is available)

**Spa23**  
Health & Racquet Club

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