

Fast~Fit~Fun BOOT CAMP

6 Week Session

Recruits Wanted

These 6 week programs are taught by
Spa 23 Certified Personal Trainers
who combine cardio & strength training
incorporating body bars,
resistance bands, steps, balls and MORE.

GET FIT! DO it FAST! & Have FUN!

Great for men and women.

Enlist Today

Course #108 Mondays 8:00-9:00pm

Begins October 4th

Course #119A Wednesdays 10:30-11:30am

Begins October 6th

Course #124 Wednesdays 8:00-9:00pm

Begins October 6th

Course #148 Saturdays 11:00-12:00pm

Begins October 9th

Cost per course: VIP Members \$89 / Non-members \$119

Drop in: Member: \$20 Non-member \$25



**Certified Personal Trainers,
Jen Super and Tim Rajkumar
Have over 13 years of
combined training experience
and bring you a program
that WORKS!
Start your transformation!**



381 Route 23 Pompton Plains, NJ

(973)839-8823

www.spa23.com