

BUTT BLASTER



Break out of your plateau and push past your boundaries to reach your goals

- * **Tone, Slenderize, & Strengthen your lower body**
- * **Focus on glutes, thighs and core**
- * **Taught by a Certified Personal Trainer**
- * **Each week get motivated and closer to your goal!**

NEW 8 week Sessions!

8 Week Program:

Course #152 Sundays 12:15-12:45pm Begins 10/3
Course #114 Tuesdays 11:45-12:15pm Begins 10/5
Course #134 Thursdays 7:45-8:15pm Begins 10/7
Meets once a week for 8 weeks

Cost: Member: \$44
Nonmember: \$66
Drop in Fee: Member \$8
Nonmember \$12

**Taught by
PRO Trainer,
Renee Brown.
New classes Weekly.**



The New
Spa 23
Health & Racquet Club

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