



New!



GLIDE & RIDE

Ultimate “get fit” workout!

6 Week Session!

**Join Certified Trainer: Jane Rondin for this new
60 minute workout
combining**

30 minutes of Gravity with 30 minutes of Ride

*** take your routine to new levels**

*** get the results you want in less time**

*** Limited to 12 participants**

Course # 125 Thursday, 10:45-11:45am, begins October 7th

Course #131 Thursday 6:45-7:45pm begins October 7th

Meets once a week for 6 weeks

Cost: Member \$119 Nonmember \$149

Drop in Fee: Member: \$20 Nonmember: \$25

(drop ins only available if a bed is available)

The New
Spa 23

Health & Racquet Club

381 Rt. 23 Pompton Plains, NJ 07444

973-839-8823

www.spa23.com