

**Winter
Session**



Jr GLIDE & RIDE

**Grades 5-8
6 Week Session!**

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

30 minutes of Gravity with 30 minutes of Ride

*** add excitement to your child's routine**

*** get the results you want**

*** Limited to 12 participants**

**Monday 4:15-5:15pm begins January 16
Meets once a week for 6 weeks**

Cost: Member \$69 Nonmember \$89

Drop in Fee: Member: \$15 Nonmember: \$20

(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