

MOMMY / BABY BOOT CAMP



- *Get in shape
- *Work out with the baby
- *Meet other new Moms

Train with a Personal Trainer in a non-threatening/supportive environment

Course #102 Monday 11:30-12:15pm

Meets once a week for 6 weeks

Begins Monday, October 4th

Cost: Members \$59 Nonmembers \$79

Drop in Fee:

Member \$12 Nonmember \$15

The New
Spa 23
Health & Racquet Club

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