

Pole

Dance 101

Take your workout to the next level while having fun and feeling sexy.

Increase your upper body strength, tighten abs & Empower Yourself!



Women aged 18+

CLASS MEETS ONCE A WEEK FOR 6 WEEKS.

LIMITED TO 10 WOMEN. SIGN UP EARLY TO RESERVE YOUR SPOT!

COST: MEMBERS \$149

NONMEMBERS \$179

6 WEEK SESSIONS:

COURSE #146

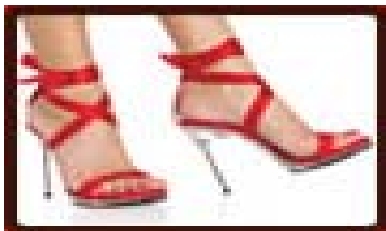
SATURDAY 4:00-5:30PM

BEGINS 10/9

DROP IN FEE:

MEMBER \$30

NONMEMBER \$35



Spa 23

Health & Racquet Club

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973-839-8823 www.Spa23.com