

# youth



**Ages 8+**

# KINESIS

\* Burn 30% more calories than your typical cardio workout!

**Express Workout!!**

\* 30 minutes & DONE with awesome results!

\* Small class sizes taught by a Certified Personal Trainer



*Our days and times  
Don't work for you?  
Start your own class  
With a minimum of 4.  
Contact the Program Director  
973-839-8823*

Cost: Member \$49 Nonmember \$69

**6 week program meets once a week**

(class size limited to 8 participants)

**#128 Thursday 4:30pm begins 1/20**

Drop in, if space permits: M: \$8 G: \$12

The New  
**Spa 23**  
Health & Racquet Club