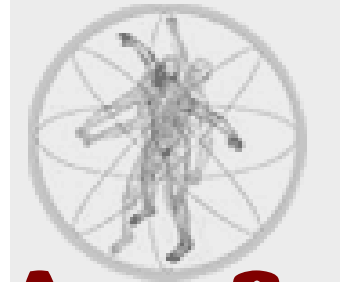


youth



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)

#144 Saturday 12:30pm begins 10/9

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

The New
Spa 23
Health & Racquet Club