

Junior Ride Class

For ages 9 to 14



This program will inspire and motivate the rider to enjoy exercise and teach them how to stay fit for life. Each class will take your child on a 45 minute indoor group cycle circuit. Riders be ready to climb hills, dig thru sand and sprint to success!

Tuesdays, 4:30 PM to 5:15 PM
Meets once a week for 6 weeks

6 Week Session
Cost: Member \$59
Non-member \$79
Drop in fee M: \$12 N: \$15



The New
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Spa 23
Health & Racquet Club

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