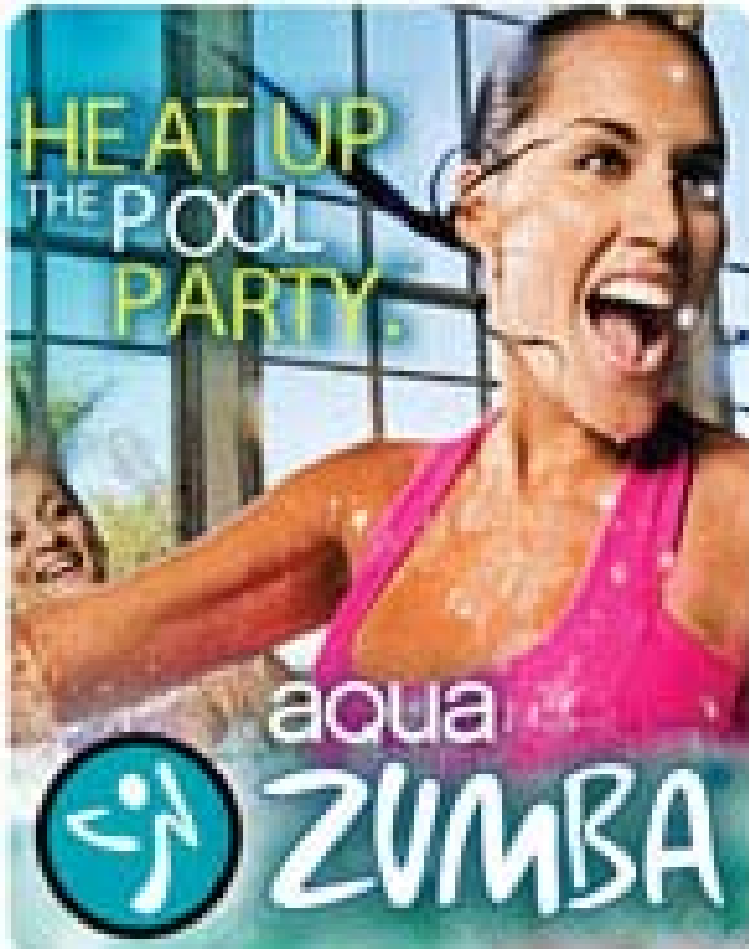


4 week Mini Session

Begins November 29th

Aqua Zumba®

\$39



Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness party™ that makes working out a splash!

Join us for this safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Tuesdays 7:30-8:15pm

Meets once a week for four weeks:

11/29, 12/6, 12/13 + 12/20

Price: Free for members

Non-members: only \$39 for 4 sessions

Can't make all 4 sessions then take a class as you can: Drop in Fee \$12

Instructor: Maryann King

Spa 23
Health & Racquet Club

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973-839-8823 www.spa23.com