



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*

The New
Spa23
Health & Racquet Club

Cost: Member \$69 Nonmember \$99
6 week program meets once a week
(class size limited to 7 participants)

Tuesday 9:00am begins 6/8

Wednesday 7:00pm begins 6/2

Thursday 5:30pm begins 6/3

Drop in if space permits: M: \$15 G: \$20

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