



RESULTS

PERSONAL TRAINING

The Spa 23 Results Personal Training Program is designed to offer each individual an optimal workout with maximum focus and guidance. Your Personal Trainer will first assess your health and fitness profile. Then, together with your trainer, you will outline your short and long term personal fitness goals. Each training session will then focus on achieving those goals. Your Personal Trainer will lead you through your program to insure that you get the results you want safely and effectively. Each training session is approximately 1 hour. For maximum results it's **Results Personal Training.**

SESSIONS	REGULAR	PRO	MASTER	Two Train for Less Sign up to train with a partner/another person and you will each save \$10.00 per session. Call for more details.
1 Session	\$64* Each Session	\$74* Each Session	\$84* Each Session	
5 Sessions	\$54* Each Session	\$64* Each Session	\$74* Each Session	
10 Sessions	\$49* Each Session	\$59* Each Session	\$69* Each Session	
20 Sessions	\$44* Each Session	\$54* Each Session	\$64* Each Session	

*Non-Members - Additional \$10.00 per session

ALL TRAINING SESSIONS MUST BE USED WITHIN 90 DAYS OF PURCHASE

Cancellations for training must be given 24 hours in advance or will be charged

For more information contact our Fitness Director, Craig Catanese

Spa 23
Health & Racquet Club



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