

ALL about ABS

**4 week
mini sessions**



**Start your
Transformation!**

**Join Renee Brown, a PRO Personal Trainer
for a unique 30 minute workout focused
on tightening and toning your abdominals.
Meets once a week for 4 weeks**

Session One:

Sundays 10:15-10:45am
Meets: 8/8, 8/15, 8/22 & 8/29

Tuesday 10-10:30am
Meets: 8/3, 8/10, 8/17 & 8/29

Thursday 7:15-7:45pm
Meets: 8/5, 8/12, 8/22 & 8/26

Session Two:

Sundays 10:15-10:45am
Meets: 9/5, 9/12, 9/19 & 9/26

Tuesday 10-10:30am
Meets: 9/7, 9/14, 9/21 & 9/28

Thursday 7:15-7:45pm
Meets: 9/9, 9/16, 9/23 & 9/26

Spa 23
Health & Racquet Club
381 RT 23 Pompton Plains, NJ
973-839-8823 www.spa23.com

Cost: VIP Members \$25
Nonmembers \$35
Drop in fee: VIP Member \$8
Nonmember \$12

**6 week
mini session!**

ALL

Begins Monday August 9

**about
ABS**



**Join Renee Brown, a Certified Personal Trainer
for a unique 30 minute workout focused
on tightening and toning your abdominals.
Meets once a week for 6 weeks**

**Monday 7:00-7:30pm
Begins August 10**



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973-839-8823 www.spa23.com

**Cost: Members \$35
Nonmembers \$50
Drop in fee: Member \$8
Nonmember \$12**