

# Spring Paid PROGRAMS for Kids & Teens!

Programs begin the week of March 21st unless noted

Registrations after March 14 will be assessed a \$5.00 administration fee

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>11:15am</b> Youth Yoga Ages 8+ Begins 4/18</p> <p><b>12:00pm</b> KidFit Boot Camp Ages 8+ Begins 4/11</p> <p><b>1:00pm</b> Dance &amp; Movement Ages 8+</p> <p><b>2:00pm</b> Gymnastic tumbling Ages 7+</p>	<p><b>10:00am</b> Dance &amp; Movement Ages 2-4</p>	<p><b>9:30am</b> Kid's Play Ages 2-4</p>	<p><b>4:00pm</b> Music &amp; Movement Ages NB-5</p> <p><b>4:15 pm</b> KID POWER Ages 8+ Begins 4/1</p>	<p><b>2:00pm</b> Mommy/Baby Boot Camp Begins 4/16</p> <p><b>4:00pm</b> Dance &amp; Movement Ages 2-4</p> <p><b>5:00pm</b> Dance &amp; Movement Ages 5-7</p> <p><b>5:00pm</b> Weight Training For Teens Ages 9+</p> <p><b>6:00pm</b> Gymnastic tumbling Ages 7+</p>	<p><b>1:00pm</b> Weight Training For Teens Ages 9+</p> <p><b>2:00pm</b> Learn to Play Racquetball Ages 8+</p>
<div style="border: 2px solid black; padding: 10px;"> <p><b>Grade School Fun Night 3/13</b> Grades 2-5</p> <p><b>Middle School Fun Night 3/20</b> Grades 6-8</p> <p><b>Register for Summer CAMP</b> 11 weeks: June 21-September 3, 2010 Kids ages 5+ enjoy interactive programs including Racquetball, Volleyball, Basketball, swimming, Crafts and more. Keep your kids active and Engaged this summer at Spa 23! See Membership for more info and to register!</p> </div>					

## Policies & Procedures

Sign up is on a first come, first serve basis. All programs are open to the public and discounted for members.

You may join most programs after their start date. Prorated class fees are based on the number of classes remaining at the drop in fee.

You may register in person at Spa 23's front desk (cash, check or charge) or register by mail and send to Spa 23 Attn: Program Director.

Register by January 3, 2010 for Winter programs. Late registrations will be charged a \$5 administration fee.

Programs require the completion of a medical health questionnaire.

You must check in at the front desk prior to each class.

No make ups unless Spa 23 reschedules class.

Courses may be cancelled due to insufficient registration. You will be notified.

On-site nursery available for a nominal fee.



381 Rt 23 Pompton Plains, NJ 07444  
973-839-8823  
www.Spa23.com

# Spring Paid PROGRAMS for Adults!

Programs begin the week of March 21st unless noted

Registrations after March 14 will be assessed a \$5.00 administration fee

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>4:30pm</b> Pilates*</p> <p><b>8:00 pm</b> Fast/Fit/Fun Boot Camp Begins 4/11</p>	<p><b>9:00am</b> Tap Dance</p> <p><b>10:00am</b> All About ABS</p> <p><b>10:45am</b> Hit IT! A Heavy Bag Boxing Workout Begins 4/20</p> <p><b>11:15am</b> Aquacise*</p> <p><b>7:30 pm</b> Hit IT! A Heavy Bag Boxing Workout Begins 4/20</p> <p><b>7:30pm</b> Yoga*</p> <p><b>7:30pm</b> Aquacise*</p>	<p><b>12:30pm</b> Chair Yoga*</p> <p><b>6:45pm</b> Pilates*</p> <p><b>7:30pm</b> Aquacise*</p> <p><b>7:45pm</b> ZUMBA</p> <p><b>8:00 pm</b> Fast/Fit/Fun Boot Camp Begins 4/14</p> <p><b>8:45 pm</b> Belly Dancing</p>	<p><b>11:15 am</b> Aquacise*</p> <p><b>7:15 pm</b> All About ABS</p> <p><b>7:30pm</b> Aquacise*</p>	<p><b>10:00 am</b> Yoga*</p> <p><b>12:15pm</b> Aquacise*</p> <p><b>5:00pm</b> Just Dance! New! begins 4/9</p> <p><b>5:30pm</b> Kickboxing*</p> <p><b>7:15pm</b> Cardio Salsa*</p>	<p><b>11:30 am</b> Latin X-Plosion Dance Class begins 4/10</p> <p><b>2:00 pm</b> Intermediate Pole Dance begins 4/17</p> <p><b>4:00 pm</b> Beginner Pole Dance begins 4/17</p> <p><b>Sunday</b></p> <p><b>10:15 am</b> All About ABs</p> <p><b>11:00 am</b> Fast/Fit/Fun Boot Camp Begins 4/11</p>
<p><b>CASH for Gold</b> <b>Monday, March 15th</b> <b>9-1 &amp; 4:30-8</b></p> <p><b>Exotic Pole Dance</b> <b>Workshop</b> <b>Saturday, April 10</b></p>					



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Please see Program Flyers for start dates, times and costs or log onto: [www.Spa23.com](http://www.Spa23.com)

\*These programs are FREE to members--no registration required