

# Pole Dance

*The Inner  
Vixen  
Workout*

# 101



*Women aged 18+*

*Take your workout to the next level while having fun and feeling sexy. Increase your upper body strength, tighten abs & Empower your sensual self!*

*Class size limited. Sign up early to reserve your spot!*

**Cost: VIP Members \$199 Nonmembers \$249**

**Drop in fee: VIP Member \$35 Nonmember \$40  
drop ins limited to the first 2 classes only**

**Course # 136 Saturday 4:00-5:00pm**

**NEW start DATE: Begins April 17th**

**meets once a week for 8 weeks**

Our dates and times don't work for you? Put together  
Your own class, minimum 5 participants!  
Contact the Program Director. 973-839-8823



**Spa 23**  
Health & Racquet Club

**381 Rt 23 Pompton Plains, NJ 07444  
973-839-8823 [www.Spa23.com](http://www.Spa23.com)**