






# FALL Paid PROGRAMS for Adults!



Programs begin the week of October 3rd unless noted  
Register by September 26th to avoid a \$5 Registration Fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00am</b> Kinesis	<b>9:00am</b> Tap Dance	<b>10:30 am</b> Fast/Fit/Fun Boot Camp	<b>10:45am</b> Glide & Ride	<b>10:15am</b> Yoga*	<b>11:00 am</b> Fast/Fit/Fun Boot Camp
<b>11:30am</b> Mommy/Baby Boot Camp	<b>10:00am</b> All About ABS	<b>12:30pm</b> Chair Yoga*	<b>11:15 am</b> Aquacise*	<b>11:15pm</b> Aquacise*	<b>2:30 pm</b> Intermediate Pole Dance
<b>12:30pm</b> Beginner Belly Dancing	<b>10:45am</b> Hit IT! A Heavy Bag Boxing Workout	<b>6:45pm</b> Pilates*	<b>4:30pm</b> Total Body Workout	<b>6:00pm</b> Kickboxing*	<b>4:00 pm</b> Beginner Pole Dance
<b>4:30pm</b> Pilates*	<b>11:15am</b> Aquacise*	<b>7:45pm</b> Beginner Belly Dancing	<b>5:30pm</b> Kinesis	<b>7:15pm</b> Latin X-Plosion Dance	<b>Sunday</b>
<b>7:30pm</b> Aquacise*	<b>11:45am</b> Butt Blaster	<b>8:00 pm</b> Fast/Fit/Fun Boot Camp	<b>6:45pm</b> Glide & Ride		<b>10:15 am</b> All About ABS
<b>8:00 pm</b> Fast/Fit/Fun Boot Camp	<b>4:30pm</b> Double Play: A Total Body Workout		<b>7:15 pm</b> All About ABS		<b>10:45am</b> Butt Blaster
See a Program You want to Try? Maybe It has already Begun? Or you can't make all of the Classes? Pay a Program Drop in fee And join in! This is a great Way to try out A new Program!	<b>7:30 pm</b> Hit IT! A Heavy Bag Boxing Workout		<b>7:30pm</b> Aquacise*		<b>11:30am</b> Step Aerobics*
	<b>7:30pm</b> Yoga*		<b>7:45pm</b> Butt Blaster		
	<b>7:30pm</b> Aquacise*				
	<b>8:30pm</b> Triathlon Swim Program Begins 9/21				

**Spa23**  
Health & Racquet Club  
381 Rt 23 Pompton Plains, NJ 07444  
973-839-8823  
www.Spa23.com

**FUN Night**  
Grades 2 thru 8  
Saturday, Sept. 25th  
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**Pole Dance Workshop**  
Saturday, October 2  
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**ChiRunning**  
Workshop  
Sunday October 10th

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