



**Winter
Session**



GLIDE & RIDE

**Ultimate “get fit” workout!
6 Week Session!**

**Join Certified Trainer: Jane Rondin for this new
60 minute workout
combining**

30 minutes of Gravity with 30 minutes of Ride

*** take your routine to new levels**

*** get the results you want in less time**

*** Limited to 12 participants**

Thursday 7:00-8:00pm begins January 19
Meets once a week for 6 weeks

Cost: Member \$69 Nonmember \$99

Drop in Fee: Member: \$15 Nonmember: \$20

(drop ins only available if a bed is available)

The New
Spa 23

Health & Racquet Club

381 Rt. 23 Pompton Plains, NJ 07444

973-839-8823

www.spa23.com