

# Ab Lab Schedule

Tuesday February 7th 8:15am

Friday February 17th 9:15am

Tuesday February 21st 8:15am

Friday February 24th 9:15am

All Ab Labs will take place in the Multipurpose Room.  
All equipment needed will be provided for you.

**SPA23**  
FITNESS AND LIFESTYLE

Pure  
massage

**BEYOGA**  
TRADITIONAL & HOT YOGA

**CrossFit**  
PEQUANNOCK

•CAMP•  
**SPA23**

973.839.8823 | 381 Route 23 | Pompton Plains, NJ  
www.Spa23.com | open 24 Hours



# Introducing **The Ab Lab**

## 15 Minute Core Workouts

Join our Nationally Certified Personal Trainers for a complimentary 15-minute core building session. These workouts are specifically designed to help engage and strengthen your abdominal and lower back, regardless of your current fitness level. No registration needed.

Stop by Member Services or Personal Training for a schedule.

**SPA23**  
FITNESS AND LIFESTYLE

Pure  
massage

**BEYOGA**  
TRADITIONAL & HOT YOGA

**CrossFit**  
PEQUANNOCK

•CAMP•  
**SPA23**

973.839.8823 | 381 Route 23 | Pompton Plains, NJ  
www.Spa23.com | open 24 Hours