

# Spring into Barre 23



## CLASS SCHEDULE

**Mondays**

9:30am, 6:30pm

**Tuesdays**

6:15pm

**Wednesdays**

9:15am

**Saturday**

9:30am

## trim • tuck • tone

5 Sessions: \$89.99/Guests **\$79.99/Members**

10 Sessions \$149.99/Guests **\$129.99/Members**

Unlimited Barre Pass—

Members \$89.99 / Month

Guests \$99.99/Month



**The Fastest Most Effective Way to Change Your Body**

**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