

You Haven't Done Barre...



Until You've Done it with BANDS

CLASS SCHEDULE

Mondays
9:30am, 6:30pm

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



Barre23

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