

# *Fall Session* Adult Programs



## Group Power

**This fun filled class uses equipment  
To work your total body and help you  
Achieve your goals.  
Classes meet once a week For 8 weeks.**

**Thursday 4:30-5:30pm begins 9/25**

**\$79**  
each  
For 8 weeks!

Cost: Member: Free  
Nonmember: \$79

Drop in fee: \$15

## Kickboxing



**This electric 60 minute fusion class of  
Martial arts and boxing movements  
Will kick your cardio fitness to the next  
Level while defining and shaping your body  
and self esteem. Energetic music and a  
Group environment will keep you punching,  
Kicking and smiling the whole time!  
Classes meet once a week For 8 weeks.  
Register for either Wednesday or Friday:**

**Wednesday 5:30-6:30pm  
Begins 9/24**

**Friday 6:00-7:00pm  
Begins 9/26**



## Group BLAST

**Get your cardio fix with 60 minutes of  
Step training. Improve your fitness,  
agility, balance and strength utilizing  
the step in dynamic new ways. Get your  
heart pounding and sweat pouring.**

**Blast This Way with Group Blast!  
Classes meet once a week For 8 weeks.**

**Thursday 6:00-7:00pm  
begins 9/25**

**SPA23**

FITNESS AND LIFESTYLE

**381 Route 23 Pompton Plains, NJ 07444**

**(973)839-8823 www.spa23.com**