

Grades 5-8



Youth Cycling

The 30 Minute Cycling Experience
Designed Especially for Kids!

Improves muscle endurance and builds cardio fitness

Wednesdays

5:15-5:45pm

Starts

September 27th

6 Week Program

Cost

Members: \$59

Guests: \$79

Drop in

Members: \$12

Guests: \$15



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