

RISING STARS

FENCING ACADEMY

HAS COME TO

SPA23
FITNESS AND LIFESTYLE

**TRAIN WITH
OLYMPIANS!**

**SUMMER
SESSION**

EXHILARATING
FUN EXERCISE,
SHARPENS
MENTAL AND PHYSICAL
ABILITIES

**4 Week Session
Only \$120**



CLASSES FORMING NOW

Musketeers - Ages 6-8 - Thursdays at 3:00pm (Starts August 10th)

Youth - Ages 9-14 - Thursdays at 4:00pm (Starts August 10th)

Juniors - Age 15-18 - Tuesdays at 5:00 pm (Starts August 8th)

Adults - Age 19+ - Tuesdays at 6:00 pm (Starts August 8th)

All Classes are 1 Hour

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