



TABATA

Check Out this NEW
High Intensity Interval Training Class
It's A Fast Effective Way
to Torch Calories, Boost Your Metabolism
and Reach Your Fitness Goals!

Wednesdays

5:45 - 6:30pm

Starts January 24th

4 Week Program

Cost

Members: \$50

Guests: \$75

Drop in

Members: \$15

Guests: \$20

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