

Grades 5-8

Back for
ROUND
2

Youth Cycling

The 30 Minute Cycling Experience
Designed Especially for Kids!

Improves muscle endurance and builds cardio fitness

Wednesdays

5:00-5:30pm

Starts

March 7, 2018

Cost

Members: \$59

Guests: \$79

Drop in

Members: \$12

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