

NEW & EXCLUSIVE B-BOARD® WORKOUT!

Created in 2018, B-BOARD® WORKOUT is the new dry land small group fitness program inspired by paddle boarding, mixing different types of techniques such as H.I.I.T, Pilates and Yoga.

The B-BOARD® is a patented balance exercise device on which any exercises can be performed, and which serves to increase a person's ability to incorporate innate balance into either your standard or balance focused workout routines.

WE WILL BE OFFERING THREE CLASSES A WEEK!

This program will run as a six week session starting 10/12 and will continue running until 11/17.

We will be offering the following fee options for those six weeks:

- 1 class a week for six weeks will total: \$90.00
- 2 classes a week for six weeks will total: \$150.00
- 3 classes a week for six weeks will total: \$200.00.

Registration:

This program will require registering through our online membership portal. Registration is officially open and will close at noon on 10/10.

EACH CLASS IS LIMITED TO 9 PEOPLE SO PLEASE REGISTER EARLY!

If you have any questions about this program, please feel free to reach out to Kelly, at 973-267-0704 ext 28.

As the first gym to have this program in NJ, we are excited to bring the B-BOARD® Workout to our members!



GREAT FOR PERSONAL TRAINING TOO!

For more information about how to utilize this workout in personal training, please reach out to Kelly at 973-267-0704 ext 28.

The three classes that will be offered for the six week session are as follows:

Tuesdays:
6:30am to 7:15am
8:30am to 9:15am

Wednesdays:
8:15am to 9:00am

Thursdays:
9:15am to 10:00am



B-BOARD
BALANCE YOUR WORKOUT

