

FREE ONE DAY PASS

Bring This Pass
to Experience the



Difference Yourself!

973-837-1100

Our upscale women-only environment features State-of-the-art-Cardio Equipment, Free Weights for toning, Calorie-Burning Saunas, a 12 minute Super Tanning Bed with separate face tanner, a FREE Kids' Corner, Nutritional Product Line, Group Fitness Classes, On-Board Massage Therapist and Aesthetician, and complimentary lockers, towels and showers.

GROUP FITNESS CLASSES

- Zumba
- Yoga
- Body Sculpt
- Step n' Sculpt
- Box n' Sculpt
- Total Body Conditioning
- Pilates
- Boxing Camp
- Kickn' Cardio
- Power Sculpt
- Fusion Flow



**265 Route 46 West
Totowa, NJ 07512**

For more information visit us at www.shapexoftotowa.com.