

**Wyckoff Recreation  
&  
MIT Fitness  
Presents...  
Wake up to Shape up!**



**Fall Training Power Hour**  
*Tues & Thurs at 6am to 7am*

**September 12<sup>th</sup> – October 5<sup>th</sup>**

This program is designed for beginner, intermediate and advanced fitness levels.

Exercises include walking, running, resistance bands, weights and ladder drills.

**Fee: is \$75 per participant.**

Register ASAP at <https://register.communitypass.net/Wyckoff>

(This is not a school sponsored activity)