

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



Spring Training Power Hour
Tues & Thurs at 6am to 7am
May 1st – May 24th

Program is designed for beginner, intermediate and advanced fitness levels.

Class is held indoors if it rains.

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

Fee: is \$75 per participant.

Register ASAP class will close out quickly.

(This is not a school sponsored activity)