

A woman with her hair in a ponytail is performing a glute exercise on a black mat in a gym. She is in a quadrupedal position with her right leg raised vertically. She is wearing a black sports bra, black leggings, and black sneakers with pink laces. The background shows a bright window and a stone pillar on the left.

**NEW!**

# **GLUTE CAMP WORKSHOP**

## **Mon., OCTOBER 5**

### **from 5:30–6:30pm**

**Instructor: Jen De Salvo**

**Location: Gym 2A**

Get ready to work on toning and strengthening those trouble spots at and below the belt! A strong core and bottom half not only looks fabulous but can protect the back from injury. Don't miss this core and glute workshop to get to the bottom of things!

**Full Member: \$20**

**Program Member: \$25**

**Non-Member: \$30**

**Register at [www.wyckoffymca.org/WORKSHOPS](http://www.wyckoffymca.org/WORKSHOPS)**

Questions? Contact: [EllenB@wyckoffymca.org](mailto:EllenB@wyckoffymca.org)