

A woman with long brown hair, wearing a black crop top with a white logo and red pants, is captured in a dynamic dance pose. She is standing in a studio with a grey wall featuring a grid of small black dots. Her right arm is raised, and her left arm is extended forward. The background is a solid grey color.

WORKSHOP

SHAPE

DANCE + MOVEMENT

SUNDAY, SEPT. 22
11:30 A.M.-1 P.M.
AEROBICS STUDIO
WITH KATIE

A two-hour high energy workshop that combines easy-to-follow dance cardio and hip-hop choreography with strength training for your arms, abs and legs. All levels welcome. \$40/member



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