

# **Aerobics Studio Calendar**

## **Week of September 11 - 17**

**Live Class**

**Fitness on Demand Class**

**Other Type of Event**

### **Monday, September 11**

**12:15-12:49pm Power Step 19 – 30 Minute**

### **Tuesday, September 12**

**12:15-12:43pm Insanity Agility & Core**

### **Wednesday, September 13**

**12:15-12:42pm Beginner Shred – Workout 1**

### **Thursday, September 14**

**9:30-11:30am ALFA Yoga Dance**

**12:15-12:47pm P90X Lower & Upper**

### **Friday, September 15**

**4-8pm CPR Class**

### **Saturday, September 16**

**9am-1pm CPR Class**