

IT'S TIME TO
POWER UP!



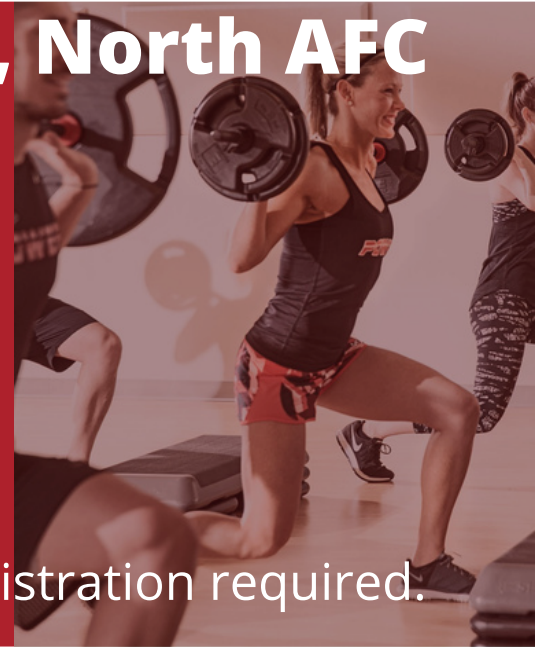
GROUP

POWER

101 WORKSHOP

Sunday, Sept. 11, 2:30 pm, North AFC

- Learn how to set up your equipment.
- Learn basic moves and technique.
- Learn the basic format and template of the class.



No registration required.