

NEW CLASS !!

2x's a Month

POUND®

ROCKOUT. WORKOUT.

POUND® IS THE WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS.



THE WORKOUT

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

w/ STEPHANNIE

1st & 3rd THURSDAYS – STARTS SEPTEMBER 7th

6:30-7:15pm

Group Fitness Room/MPR



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**