

Drum Fit Class

Class Description:

This class will transform drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. This class is designed for all fitness levels, and provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable for all men and women of all ages and abilities.

You may bring your own yoga mat, but it is optional.

Class Information

Instructor: Carol Winter

Where: Senior Community Center

When: January 17 - March 2

(No classes February 21 & 23)

Day: Tuesday & Thursday

Time: 6:15 p.m. - 7:15 p.m.

Fee: \$35.00 members / \$40.00 guests



**Some classes in February will be on
Monday and Wednesday nights.
Please contact Emily for specific dates.**