

Brownstown Recreation

CARDIO DRUMMING

Connect with your rhythm in life by combining music rhythm & movement. Bring your fitness ball, bucket and drumsticks to class. Release stress, aggression, sweat, sing and have a great time beating to the sound of your own drum! Anyone can do this high energy workout. There is no wrong or right way... Cardio Drumming will keep you up on the Beat!



Classes: **Tuesdays**
6:00PM-7:00PM @ Community Center

Fall
Session I – Sept. 19th thru Oct. 17th
Session II - Nov. 7th thru Dec. 6th

Cost:
Resident: \$26.00 per session for (5 weeks)
Non-Residents: \$31.00 per session (5 weeks)

Instructor: Malissa Earl



For More Information Call 675-0920

Registration can be done on our website...

brownstownrec.org