

-NEW CLASS-

Channel your inner performer & rock your body with this modern-day fusion of movement and music.

Using Ripstix™- weighted drumsticks engineered for exercise - POUND transforms drumming into an effective full-body workout.

CLASS TIMES:The Armory Learning Arts Center
Mondays 11:30-12:00pm Tuesdays 5:30-6:00pm
BRING YOUR OWN MAT! \$5.00 per class
For more info contact Leshaundria @ 328-1843

POUND™
ROCKOUT. WORKOUT.

WWW.POUNDFIT.COM