

## **Cardio Drumming**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, healthier you – all while rocking out to some great music!

Designed for all fitness levels, cardio drumming provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable for men and women of all ages.

This exercise is intended to give participants exposure to a drumming and movement specifically designed to enhance physical, emotional and cognitive education in a social setting. Experience how drumming and movement can contribute to a unique, fun, exciting alternative to traditional aerobics for older adults. The class is conducted primarily from a standing position, but can also accommodate participants who need to sit throughout.

Times Offered:

Tue - 9:15am Thu - 10:30 am

50 minutes

**COST: \$3 per session (equipment provided on first come basis)**