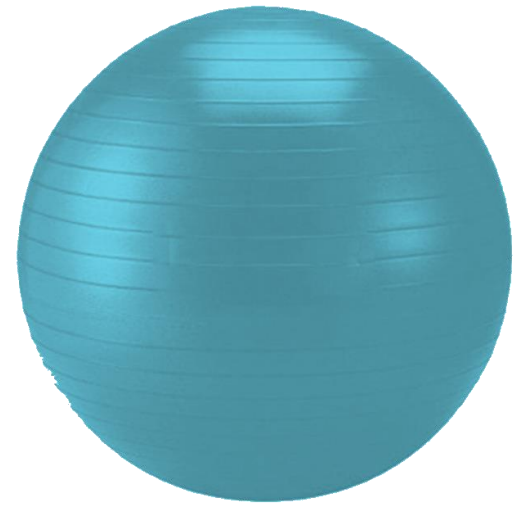


DRUM IT UP!

With Stacey Graustein – Mondays at 11:15 am

Join an all out fun-filled class where you'll **“beat the drums”** to all your favorite tunes. This class will reduce stress, make you laugh and, if you choose, will give you a great cardio workout. Drumming classes do more than conjure dreams of rock glory. Drumming provides a safe, fun and effective workout for all different drummers; from fitness fanatics to rock star wannabes.



Be aware that the music is played loudly.

This is a specialty class and may be cancelled when the instructor is not available.