Using rhythm as the source of inspiration to discover a new group fitness experience Cardio Drums combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Cardio Drums is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression.

**Registration:**
Adults-(January $15, February $20, March $20)
Youth-(January $9, February $12, March $12)
Call: DeWitt-(517) 827-8660-- Briggs Library-(989) 224-4702