



Cardio Drums

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

