

CARDIO DRUM FITNESS

W/ SHIRLEY
WEDNESDAY EVENINGS

GET FIT WITH THIS NEW FUN EXERCISE! GET YOUR CARDIO UP BY DRUMMING TO THE RHYTHM AND BEAT OF FUN MUSIC! DRUM ON THE EXERCISE BALL WHILE MOVING AND DANCING TO THE TUNES!

ADULTS 18+
4-WEEK SESSIONS! WEDNESDAY EVENINGS 6PM TO 6:45PM

**@ COMMUNITY CENTER 3278 WHITEHAVEN RD.
(NIKE BASE PARK)**

BEGINNERS WELCOME! ONLINE REGISTRATION IS REQUIRED. WE HAVE A LIMITED SUPPLY FOR 10PP: EXERCISE BALLS, 17-GALLON TUB/BIN, AND DRUMSTICKS, OR YOU ARE WELCOME TO BRING YOUR OWN!
A TOWEL AND A WATER BOTTLE ARE OPTIONAL.

THIS PROGRAM IS TAUGHT BY AN INDEPENDENT INSTRUCTOR.



**Grand Island
Recreation Department**

Register Online: Information, and
Payment Go To:

<https://grandislandny.myrec.com>

Click On "Programs"

Grand Island Recreation

Department 716-773-9680

