

**JOIN US FOR AN  
AMAZING 1 HOUR  
GROUP WORKOUT**

# **CARDIO DRUMMING**

Cardio drumming is a fun 60 minute, full body, moderate to high intensity workout. If you like music & are looking for a good sweat this is the workout for you!!!



**WHEN:** Every Monday @  
6:30-7:30PM

**February 11—April 22, 2019**

**WHERE:** Pinckney Public  
Library

**PRICE:** \$5 per class OR \$7 w/  
rental kit (limited  
availability)

**Open to all ages!!!**