

FALL 2020

Pound



Full body cardio jam session that uses specifically designed drumsticks, called Ripstix that provides a combination cardio and weight training exercises for a full-body workout. This workout full of Rock Stars will build inner and outer strength, relieve stress, and build self-confidence. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out.

MIN/MAX: 8/12 *Instructor: Rebecca*

No Class September 7

Location: Community Activity Center-Activity Room

Age	Day	Time	Date	Fee	Activity #
Adult	M/W	5:45-6:15pm	9/2-10/21	\$40	224755-11
Adult	M/W	5:45-6:15pm	10/26-12/16	\$40	224755-12

Please visit NormalParks.org for more information.

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