

POUND®

ROCKOUT. WORKOUT.

At the

**CARROLL TOWNSHIP
COMMUNITY CENTER**

255 Church Road, Shermans Dale

Jan 23rd – March 13th, 2018

Tuesdays 6:00 – 7 p.m.

(\$5 per class introductory price)

Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of exercise.

Designed for all fitness levels, POUND provides the perfect atmosphere for getting energized, toning up and rockin' it!



For more information or to register for the class, call 789-0101.