

Town of Colden Adult Recreation

POUND CLASS

April Woolley is a music teacher by day and a rock star want to be at night. Come and feel like you are part of the music. Get ready to get out all of your frustrations, release your inner rockstar and have a great workout.

Pound is a cardio driven workout. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.

*Thursdays at 6:30 pm
At the Colden Senior Center
6 week session (4/18-5/23)
\$65*

Register now at the Colden Town Hall. Checks payable to Colden Recreation. A yoga mat is required.

Name _____
Address _____
Phone _____ Email _____
Paid cash _____ check _____ check # _____