

POUND

BROUGHT TO YOU BY
TOWN OF
COLDEN RECREATION

ABOUT POUND

April Woolley is a music teacher by day and a rock star wannabe at night. I love pound because you 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.

**\$65 for a six week session.
Please bring a yoga mat.**

Registration forms are available at Town Hall
PAYMENT IS DUE WITH REGISTRATION
Please make checks payable to Colden Recreation

**6 WEEK
SESSION
BEGINS
THURSDAY
APRIL 18TH**

**6:30 PM
AT THE
COLDEN
SENIOR
CENTER**

