

# CARDIO DRUMMING

*with Amanda*

COMBINING MUSIC, RHYTHM AND  
MOVEMENT FOR A FULL BODY WORKOUT



## THURSDAYS 6:15 PM

Session 1: Feb 14-Mar 21

Session 2: Apr 4 -May 9

Session 3: May 16-Jun 20

Register by 1/30

Register by 3/18

Register by 4/30

Whitmore Lake High School MP Room

7430 Whitmore Lake Rd, Whitmore Lake, MI 48189

**5 classes: 25**

**10 classes: \$50**

**Walk-In: \$8**

Want the flexibility to attend any WLCR class of your choosing each week? Buy a new Adult Exercise Flex Pass! See our website for details.

Prices increase \$15 after registration deadlines



## MUST BRING OWN BALL, BUCKET AND DRUM STICKS

734.449.4461 X3057, [WLCRINFO@WLPS.NET](mailto:WLCRINFO@WLPS.NET)  
[WWW.WLPS.NET/COMMUNITY-RECREATION/](http://WWW.WLPS.NET/COMMUNITY-RECREATION/)