**Adult POUND® Fitness Class**

* **What is POUND®:**
  + 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 atomosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities
* **When is POUND® offered:**
  + Our 45 minute class will take place on Wednesdays from 6:00pm – 6:45pm upstairs in the PTC.
* **Cost for Each Class:** 
  + $10/Session is due at the time of the Class.
* **How to Register:**
  + All Participants must be pre registered Online or at our Front Desk by Tuesday Evening the night before the Class.
  + Limited Space Available (15 Person Max)

Program Instructed by Angela on Wednesdays, starting on January 23rd!