



Cardio Drumming

Our new drumming program for seniors is here! Classics gets older active adults moving together to nostalgic music, regardless of ability or mobility level. The program has three modified options to follow along with: seated/low-intensity, seated/medium-intensity, and standing /low impact. Safely move our bodies in a social setting to improve circulation , brain function and emotional well being!

Monday's, starting June 21 - 9:30 AM

Pre Register Required - by Friday, June 11

Call Today!!