

Group Fitness - Drum Cardio

Get ready to drum your way to fitness with our high-energy Drum Cardio class! This unique workout combines rhythmic beats of drumming with cardio exercises for a full-body workout that's fun as it is effective. During class you'll pound out rhythms that will keep you moving and smiling while improving your endurance and coordination. This class is perfect for all fitness levels as it can be completed standing or sitting.

In addition to our Drum Cardio classes we will be adding strength classes every other week to provide a full body muscle strengthening and toning workout using light weights. Each exercise can be modified to your fitness level.

This class is ideal for anyone looking to add a fun twist to their fitness routine, regardless of fitness level or prior drumming experience. Join us for Thursday Night Fitness and let the rhythm move you to a fitter, happier you!

Bring some water and of course enthusiasm and energy!

Dates: Thursdays (8/22, 8/29, 9/5, 9/12, 9/19, 9/26)
6:45 - 7:30 p.m.

Location: Desloge Outpatient Center, Building B,
Outpatient Therapy Center Gym

Instructor: Ashley Race

Class size: 15

Cost: \$20

Ashley is a licensed Occupational Therapist at St. Luke's hospital. She has her bachelor's degree in Exercise Science and enjoys encouraging and working with others to stay active.



To sign up, please complete the Microsoft Form that was sent via email. Registration is confirmed in the order that the form is completed.

Payment is expected no later than the end of the first week of classes. To pay with credit card, call 314-576-2300.

Email courtney.gehrer@stlukes-stl.com with any questions regarding classes or registration.

Albert Pujols
Wellness Center for *Adults* with
Down Syndrome