

# DRUMS ALIVE!



Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement, rhythmical flow AND FUN!!!



**Wednesday**

**6:15-7:00pm**

**Instructor: Haddie Walberg**

**Studio 2**

**Fridays**

**8:45-9:30am**

**Instructor: Estelle Meyers**

**Studio 2**

