

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: Shelby Serrano

Studio 2

Fridays

8:45-9:30am

Instructor: Estelle Meyers

Studio 2

**STARTS
WED NOV 4**

