

# Cardio Drum Fitness w/ Shirley

## Tuesdays • 5:15 PM – 6:00 PM

@ Community Center | 3278 Whitehaven Rd (Nike Base Park)

Ready to drum your way to fitness? 🥁

Join Shirley for a fun and energetic workout that combines **cardio, rhythm, and movement** — all while drumming to the beat of upbeat music! Using exercise balls, bins, and drumsticks, you'll sweat, smile, and shake it out in this unique full-body workout.

🥁 **What to Expect:** High-energy cardio with low-impact options

Drumming on stability balls in bins

Dance-inspired moves to fun music

Total-body movement for all fitness levels

👤 **Who: Adults 18+ – Beginners welcome!**

📅 **When:** 4-week sessions | Tuesday Evenings | 5:15 PM – 6:00 PM

📍 **Where:** Community Center – 3278 Whitehaven Rd. (Nike Base Park)

**Hosted by:** Grand Island Recreation Department

💡 **Things to Know:** Equipment provided for up to 12 participants: exercise ball, 17-gallon tub/bin, drumsticks. You may bring your own equipment if preferred

Bring a towel and water bottle (optional)

Online registration is required

📄 **Register & Payment Online:** <https://grandislandny.myrec.com>



Register Online:

Information, and Payment Go

To: <https://grandislandny.myrec.com>

Click On "Programs"

Grand Island Recreation

Department 716-773-9680

