Cardio Drum Fitness w/ Shirley Tuesdays • 5:15 PM – 6:00 PM

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

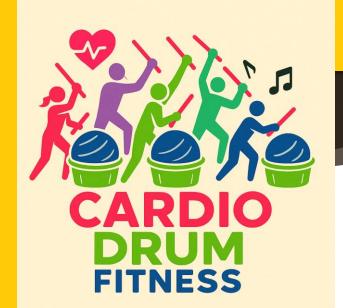
Ready to drum your way to fitness? Join Shirley for a fun and energetic workout that combines cardio, rhythm, and movement — all while drumming to the beat of upbeat music! Using exercise balls, bins, and drumsticks, you'll sweat, smile, and shake it out in this unique full-body workout.

 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, 17gallon 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://grandislanday.myrec.com

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Register Online: Information, and Payment Go To: <u>https://grandislandny.myrec.com</u> Click On "Programs" Grand Island Recreation Department 716-773-9680

