

**EXPRESS YOURSELF. CONNECT WITH YOUR TRUE RHYTHM IN LIFE.**

# **CARDIO FITNESS DRUMMING**

MONDAYS 4:45-6:00

FRIDAYS 5:45-7:00

WITH INSTRUCTOR TABITHA TYLER

IN THE THURSTON WOODS VILLAGE CHAPEL

307 N. FRANKS AVE. STURGIS MI 269.651.7841

Sturgis Cardio Drumming is an outreach for all fitness levels where every person is welcomed and encouraged to have a healthier lifestyle & the fun of cardio drumming.

We have some supplies but you are welcome to bring an exercise ball, bucket and drumsticks if you have them.

FOR MORE INFORMATION CALL CINDY GAMBREL OR JESSICA LEATHERS @ 651-7841

Classes are based on donations so come with what you have and give it all you got.

- Release Stress & Tension
- ALL Fitness Levels Welcome

- Express Yourself
- Burn Calories

**Meet new people & have fun working out! A great workout for ANY fitness level!**

