



POUND®
ROCKOUT. WORKOUT.

**SWEAT.
SCULPT.
ROCK.**

Channel your inner Rockstar with this cardio jam session inspired by the energizing, infectious and sweat-dripping fun of playing drums.

Free Pound Demo will be held
Wednesday, Feb. 27, 5:30-6:30 p.m.

Instructor: Angela Schoenrock.
Wednesdays, 5:30-6:30 p.m.
Cost: \$10 drop-in, \$60 for 9 class visits. First visit Free!

Central Center

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